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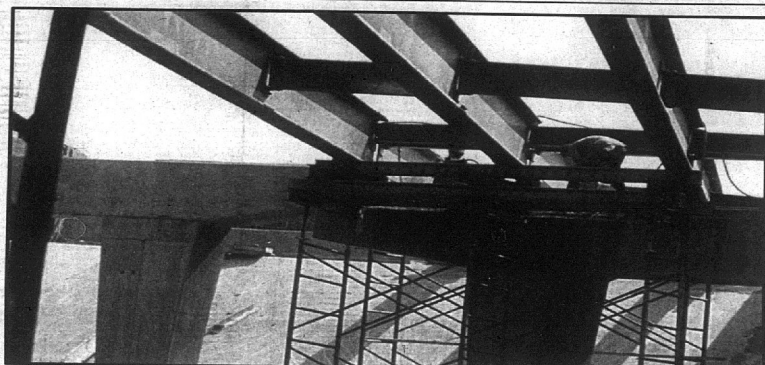
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VOLUME 20, NUMBER 66

WEDNESDAY, AUGUST 21, 1996

FIFTY CENTS



A construction crew works on repairs to an Interstate 270 bridge near Granite City.

I-270 repair project on schedule

 By Scott Cousins
 Staff writer

A major renovation of Interstate 270 is moving quickly — a lot faster than traffic on the road during rush hour.

Since June 1, workers have been renovating bridges and the eastbound lanes along an 8-mile

stretch of I-270 from I-255 to the Missouri state line.

"They're proceeding right along," said Joseph E. Crowe, district project implementation engineer for the Illinois Department of Transportation.

He said work on the first phase of the eastbound lanes — is about 25 percent finished. That part of

the project is expected to be completed in November 1997.

While workers fix one of the eastbound lanes, traffic is restricted to one lane each way and a reversible express lane.

The total project is estimated to cost approximately \$50 million and will last through the fall of

(See PROJECT, Page 4A)

Referendum petitions filed

Voters apparently will decide future of local township

 By Bob State
 Staff writer

Granite City voters will apparently get to decide if they should continue to be ruled — and taxed — by both city and township forms of government.

David Partney, who has announced plans to run for mayor of the city next April, filed petitions late Monday afternoon to have a referendum placed on the Nov. 5 ballot.

The petitions call for the following question to be put to township voters: "Should township organization be continued in the city of Granite City?"

A "yes" vote would be in favor of continuing township government. A "no" vote would be in favor of eliminating it.

While state statute provides for a countywide referendum to eliminate township government, Partney said the state constitution contains a provision for a referendum to consolidate or eliminate townships.

"The way I understand it, no statute can override the state constitution," Partney said. "That would require a constitutional amendment."

Granite City and its township are considered coterminous — they have the same geographic and political

boundaries and city officials also serve as township officials. Partney said the township form of government in Granite City has become duplicative. He said the city and county can take over services currently provided by the township much more efficiently and provide a tax savings for residents.

Township Assessor Darlene Laub has said that Partney is wrong. She said that services currently provided by the township, if they are to continue, will have to be funded no matter which government agency provides them.

— David Partney

(See PETITIONS, Page 4A)

Fire delays school opening

Church planning to rebuild

 By Scott Cousins
 Staff writer

Jadie Johnson of Pontoon Beach expected her two children to begin school Monday at Bethel Christian Academy in South Roxana.

Instead they stayed home while teachers and parents went through piles of smoke- and water-damaged books and office supplies — all that is left after a spectacular fire Friday afternoon.

"My daughter woke up and looked at the clock at about 8 a.m. and said we would have been starting school right now," Johnson said Monday.

Her daughter, Mollie, will be a

freshman at the school, while her son, Jesse, is the only senior this year.

Nobody was hurt in the fire, which destroyed the Bethel Free Will Baptist Church. Damage has been estimated at about \$1.2 million, and church and school

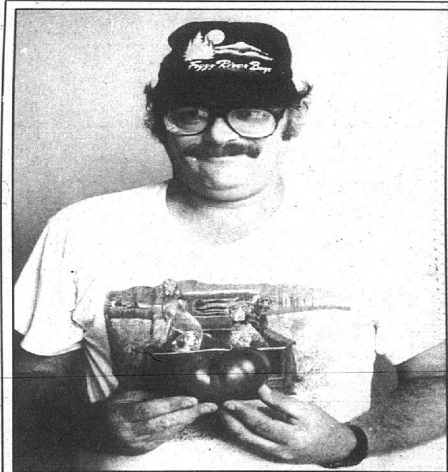
officials said they plan to rebuild as quickly as they can.

In the meantime, parents and teachers are sorting out the few items saved, and church officials were looking for a temporary building to house both church services — held Sunday in a tent on the site — and the school.

The Rev. Bill Crank, pastor of the church, said he expected to talk to insurance company representatives Monday.

"We're going to find a (temporary) building someplace," he said. School officials are also reordering textbooks for the school.

(See CHURCH, Page 2A)



(Staff photo by JOHN FRES)

Winner — Charles Hogue of Granite City with a 1 pound, 3 ounce tomato he grew in his garden — the winner in the third week of the Journal Big Tomato contest.

In the Journal

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John Fuller, Chief Meteorologist, KSDK-NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
92 71	91 72	89 70	87 66

Newsboys' plans under way

Children's Choice questionnaires are coming in, volunteers are being assigned to street corners and charities are submitting grant applications. It's all part of the preparations for Old Newsboys Day, on Nov. 7.

Kids and teenagers are asked to fill out the Children's Choice questionnaire, available in today's Journal. Completed forms should be mailed back to the Journal at the address given. Results will be published in the Old Newsboys Day edition, which will be sold on street corners and in certain supermarkets. All proceeds benefit children's charities in the St. Louis area.

Purchasing a newspaper isn't the only way to help. Volunteers are needed to sell the special edition newspapers on Nov. 7 and to help with paperwork prior to the event. To sign up, call the hot line at 821-0211. Leave your name, telephone number and

(See NEWSBOYS, Page 4A)

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(Staff photo by SCOTT COUSINS)

Shannon McWorther, a teacher at Bethel Christian Academy, sorts through material salvaged from Friday's fire.

•Church

(Continued from Page 1A)

The school has about 70 students in kindergarten through 12th grade. Last year four students graduated from the high school. Most of the students are from the Wood River area, but about a dozen come from the Granite City area and others from Edwardsville and Collinsville.

Crane said the school would probably be open in two to three weeks. The fire is believed to have started on the church's roof, where workers were making repairs.

Because of concern about widespread church fires, the blaze was initially investigated by the Federal Bureau of Investigation and Bureau of Alcohol, Tobacco and Firearms, but agents left Saturday.

The fire started at about 3:45 p.m. Neighbors noticed smoke coming from the church's roof and called the fire department.

The blaze initially spread slowly from a small opening in a corner of the building, but smoke and flames flared out of control before the eyes of firefighters, neighbors and church members.

"As soon as they chopped a hole in that roof, she just went pfft!" said Harry Mason of the 1300 block of Gonterman Street.

Shannon McWorther of Edwardsville, a high school math teacher at the school, was one of a number of teachers who had left the building just before the fire broke out.

"I left at 3:30 p.m. and got a phone call at 4 p.m. saying the building was on fire," she said. "I had gone to Granite City to pick up my children and I was on my way home and saw it from (Illinois) 111."

On Monday she was among the parents, teachers and students sorting through salvaged books in the garage of Rev. Crank.

"All the high school books were destroyed but the elementary stuff was in the basement, so it's just got water damage and smoke damage," McWorther said. "So we're basically just sorting it and taking inventory to see what can be saved and what has to be replaced."

McWorther, who was one of the first graduates of the school in 1984, said she was shocked by the fire.

While "shock" is the most common reaction to the fire, Johnson said parents and teachers were optimistic. "Right now I just see that the Lord is working in a mighty way," she said. "I just hope school gets back soon."

She added that the rebuilding of the church and school will allow them to make improvements.

"They had ugly green carpet," she said. (Some information for this story was supplied by The Telegraph.)



(Staff photo by SCOTT COUSINS)

Jonathan Greer, 12, of Wood River, a student at Bethel Christian Academy, carries materials to his mother's car.

Police suit on pre-trial docket

By Scott Cousins
Staff writer

Both sides in a \$6 million lawsuit filed over a June drug raid by Pontoon Beach police officers are scheduled to have a pre-trial meeting with U.S. Magistrate Gerald B. Cohn on Aug. 27.

The suit was filed in U.S. District Court in East St. Louis June 26 by attorney Thomas Ducey for Tarkus Dillard, Vickie Blakely, her two children, Tamalisa Barbet and Shaun Hicks.

The suit claims the defendants violated the plaintiffs' civil rights and "terrified" them during a pre-dawn raid on June 4. Dillard, Blakely and the two children lived at the apartment in the 4000 block of Oakmont Drive. Barbet was staying with them, and Hicks lived in a nearby apartment.

Each is asking for \$1 million in actual and punitive damages, plus legal fees. The suit claims the actions of the police violated the Fourth and 14th Amendment rights of the plaintiffs. Named as defendants in the suit were Pontoon Beach Police Chief Michael Crouch, Detective Rick Hays and the village.

The defendants have requested a jury trial. According to the original suit, on June 3 Hays applied for and received a search warrant for the home of Larry Calvin. After police raided Dillard's apartment, Hays asked where Calvin was, but

continued searching the apartment after being told he lived next door, the suit says. The suit also alleges that Hays entered a bedroom where the children were sleeping, stuck a gun in the face of 3-year-old Elysha Brooks and cocked the pistol.

Hicks, who lived in a nearby apartment, was standing behind a screen door watching the incident when officers reportedly ran toward him with guns drawn, pulled him from the apartment, threw him on the ground and handcuffed him.

In a response to the lawsuit filed July 29 by attorney Jeffrey A. Kopsis of St. Louis, the defendants said their action was reasonable, they had probable cause to conduct the search and they were immune from lawsuits because of the Illinois Local Government and Employees Tort Immunity Act.

Several days after the incident, Crouch — who had been on vacation at the time of the raid — apologized for the raid. However, he defended the procedures followed.

He said that the day before the raid two people arrested for drug possession after a routine traffic stop indicated they had purchased drugs at the apartment.

Crouch also said the apartment manager had erroneously identified the suspect police were seeking as Blakely's boyfriend. However, he denied that Hays deliberately pointed his weapon at a child.

Bar robbery investigated

Granite City police are investigating a report of an armed robbery at a downtown late Thursday night.

Assistant Police Chief Kip Pomeroy said about \$300 was taken from the bar till at El Gato Tavern, 18th Street and Delmar Avenue, at 11 p.m. Thursday.

The perpetrator displayed a knife with a four-inch blade during the robbery, Pomeroy said.

He said witnesses described the robber as a blond-haired male wearing a ball cap.

The robber dropped some of the cash while running from the tavern. That money was recovered, Pomeroy said.

Police continue warrant arrests

By Scott Cousins
Staff writer

Five people were arrested over the weekend on outstanding warrants by Madison police.

On Friday, Tobias C. Robinson, 18, of the 1600 block of Fourth Street in Madison was arrested near the intersection of Second and Ewing at about 1:34 a.m. after he was spotted by police.

Robinson was wanted for failure to appear on charges of driving with no valid license. Also on Friday, Vickie Dee Francis, 33, of the 500 block of Margaret in Mitchell was arrested for failure to appear on a charge of criminal damage to property.

A charge of unlawful possession of a controlled substance could be filed pending lab analysis of a crack pipe found during a search, police said.

She was arrested after police spotted her walking in the 200 block of Madison Avenue. Andre C. Mosby, 25, of the 1700 block of Edwardsville Road, Madison, was arrested for failure to appear on charges of retail theft after police

spotted him in front of his house.

On Saturday, Tyrone Cox, 17, of the 100 block of Grenzer Homes was arrested for failure to appear on charges of criminal trespass and disorderly conduct.

On Sunday, Caseyville police picked up Benjamin J. Sims Jr., 20, of the 8500 block of Country Lane, Troy, on two outstanding Madison warrants. Sims was wanted for failure to appear on charges of operating an uninsured motor vehicle and driving on a suspended license. In addition, he was wanted for failure to appear on charges of operating an uninsured motor vehicle.

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- **SLEEP DISORDERS CAN RUIN A GOOD NIGHT'S REST**, Monday, September 16, 7 p.m. Free community lecture presented by Barbara Sudholt, M.D., pulmonologist, and John Anz, director of the hospital's Respiratory Services. Call extension 1575 to register.

To register call 234-2120 and the extensions shown above.

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UNITY HEALTH NETWORK



(Staff photo by JOHN FRESSE)

Donation — Butch Wojtowicz, left, executive director of Tri Cities Christmas in April project, accepts the \$621 raised by the Co-op Vacation Bible School this year from representatives of the three sponsoring churches, from left: Vee Throne of First Presbyterian, Joyce Toussaint of United Presbyterian and the Rev. Rose Hermonat of Saint Peter Evangelical United Church of Christ. The 88 children participating in the program raised the funds for Christmas in April during the first week of August. The charity, which provides free labor and materials for home maintenance for those unable to do the work themselves, is now accepting applications for next year's projects. Those wishing to submit applications should contact Wojtowicz at 1907 Johnson Rd., 62040, 452-7945.

Area gets praise for use of federal housing funds

By Mike Viola
Staff writer

A federal program providing funding to six economically depressed communities in the area is being used as a model for other urban areas throughout the country.

"The people here are doing something right, and we wanted to come here and meet and learn from them," said Andrew Cuomo, U.S. Housing and Urban Development Assistant Secretary.

Cuomo visited the Metro East to see local efforts on HUD's Empowerment Zone and Enterprise Community Initiative. There are 72 EZ/EC communities in the United States and the local program, consisting of East St. Louis, Centerville, Alorton, Washington Park, Brooklyn and National City, ranks as one of the most productive. Cuomo said a study that evaluated EZ/EC

programs will be released this week and is favorable to the East St. Louis area program. "East St. Louis did very, very well in all of the areas," Cuomo said.

One highlight of the program so far has been the formation of a Small Business Development Center to help create businesses in the region.

The study was performed by Rockefeller University and looked at 18 EZ/EC programs. Cuomo said he had a "sneak peek" at the results last week, which showed that the East St. Louis area was one of the top programs.

This is not the first time that East St. Louis and neighboring communities have received praise for operating a program funded by the federal government. Earlier this year, officials from the United States Department of Agriculture were in Cahokia congratulating local officials for the success of the Urban Resources Partnership Program.

\$5 million renovation

Leaks lingering as jail work nears completion

As renovation work at the Madison County Jail nears completion, some officials are getting a little nervous about lingering leaks. For years, workers at the jail, 405 Randle St. in Edwardsville, have dealt with drippy ceilings. Giant sheets of plastic have been stretched over some areas to keep rooms dry. A \$5 million renovation this year was supposed to change all that, but people at the sheriff's department say the leaks persist.

In fact, Madison County officials said last week they would withhold a final payment of \$259,359 to contractor K&S Associates Inc. of St. Louis until they see proof the roof is fixed. "We may not be architects or engineers, but the roof is near completion and we still have leaks," said Capt. Bob Hertz, administrative assistant to Sheriff Bob Churchich. "We certainly don't want to work in this environment much longer."

Members of the County Board's Building Committee agreed to temporarily withhold payment at the request of Marty Siglock, county buildings administrator. However, Siglock said he was not impressed with the complaints from the sheriff and his staff.

"At first they were telling me you could see stars through the roof at night," Siglock said at a committee meeting. "But I took (Churchich) and the jail superintendent up to look at the

"We may not be architects or engineers, but the roof is near completion and we still have leaks."

— Bob Hertz
Churchich aide

roof, and they could show me one hole." Siglock said the leaks should stop after contractors apply finishing touches, including a sealant, to the roof.

Herbert Milton Jr., committee chairman, also downplayed the sheriff's complaints. "I'm just glad he (Churchich) isn't on this committee," Milton said.

Hertz said the department is grateful to the Building Committee for allocating funds for renovation, but wanted to offer constructive criticism to the contractors.

"If they tell us that the job is done and we still have leaks, then at least we would be able to say that we told them," Hertz said. In the meantime, Hertz said the leaks have affected morale.

— From The Telegraph



(Staff photo by JOHN FRESSE)

Rail fire — Firefighters from the Granite City Fire Department fill a railroad car with water to put out a fire which started in its cargo Friday morning. The cargo, railroad ties being transported by the railroad, ignited due to an unknown cause and was burning and putting out a large amount of smoke as it passed the Granite City Steel plant.

Fire district meeting

The Cloverleaf-East Madison Fire Protection District meeting will be held at 9:30 a.m. Sept. 24 at 2022 Fourth St. in Madison. The meeting is open to the public.

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Obituaries

Wade James

Wade E. James, 76, of Madison died at 12:30 p.m. Thursday, Aug. 15, 1996, at Missouri Baptist Hospital in St. Louis, where he had been a patient. He was born April 22, 1920, in Media, Pa.

A graduate of Cheney State University, he completed his master's degree at the University of Illinois at Urbana-Champaign. He served and was honorably discharged from the United States Army in 1946. He began his teaching career at Dunbar

Elementary School in 1947, progressing to principal and then administrative assistant of Madison School District 12. He retired as assistant superintendent of schools in 1985. Mr. James was a member of Bethel African Methodist Episcopal Church in Madison, as well as many civic and professional organizations, including Kappa Alpha Psi Fraternity and Jericho Lodge 120. He received numerous educational and professional awards during his lifetime, including being named to the Football Hall of Fame at Cheney State University in 1984.

Survivors include his wife, Hilda (Curry) James, whom he married in 1950; one son, Harold "Bunky" James; one daughter, Mary McClinton; three brothers, James and Mahlon Payne, both of Washington, D.C., and Lee Payne of Upper Marlboro, Md.; six sisters, Ellen Sturdivant, Janice Dempsey, Joyce Aikard and Sheila Omar, all of

Washington. Albertina Pritchett of Hyattsville, Md.; Eunice Epot of Sherman, Conn.; and one grandson. He was preceded in death by his parents, Harold and Albertina James; one brother, and two sisters. Burial will be at 11 a.m. Thursday at Bethel African Methodist Episcopal Church, 1039 Market St. in Madison, where services are at 11 a.m. Friday with the Rev. John O. Owens officiating. Burial will be in Sunset Gardens of Memory in Millstedt.

Arrangements were handled by Officer Funeral Home in East St. Louis.

Memorials are requested for the Jericho Lodge 120 F. & AMPA Scholar Fund, 630 Broadway, Venice, Ill., 62380.

Raymond Barker

Raymond Edward Barker Jr., 41, of College Springs, Iowa, formerly of Granite City, died Sunday, Aug. 19, 1996. He was born Oct. 26, 1954, in Granite City, where he had been a resident for 31 years prior to moving to College Springs three years ago.

A truck driver with Barker Trucking Company for 18 years, he was an Army veteran and of the Protestant faith. Survivors include his wife, Lisa (Davis) Barker, of College Springs; and Stephanie Barker, both of College Springs; his parents, Raymond Edward Barker Sr. and Cathleen (Farmer) Barker of Pontoon Beach; one brother, Thomas Barker of Granite City; one sister, Joanne Parker of Henderson, Ark.; his grandfather, Irvine King of Kansas City, Mo.; and his grandmother, Ruby Barker of Pontoon Beach.

He was preceded in death by his grandmother, Mabel King. Services are at 1 p.m. today, Wednesday, at Werner Chapel of Funerals, 3939 Lake Drive in Pontoon Beach, with the Rev. Gus Falter officiating. Burial will be in Maple Hill Cemetery in College Springs.

James Pillow

James "Jack" Pillow, 76, of Madison died at 2:30 a.m. Saturday, Aug. 17, 1996, at DePaul Hospital in Bridgeport, Mo., following a 10-month illness. He was born May 12, 1920, in Poland, Ark., where he had been a resident of Madison for 35 years.

A maintenance man with Western Trucking for 19 years prior to his retirement, he was a member of Temple Baptist Church in Madison and Teamsters Local 588.

Survivors include his wife, Violet (Yancy) Pillow, whom he married Dec. 18, 1945; one daughter, Jacquelyn Perrings of Affton, Mo.; one sister, Lily Pillow of Corning, Ark.; and one granddaughter. He was preceded in death by his mother, Homer J. and Matilda (Mayo) Pillow.

Services were Tuesday at Werner Chapel of Funerals, 3939 Lake Drive in Pontoon Beach, with the Rev. John Comer officiating. Burial was in St. John Cemetery.

Memorials are requested for the American Cancer Society.

Daniel Manning

Major General Daniel J. Manning, 84, of Santa Monica, Calif., died Thursday, July 4, 1996, at his residence. He was born Dec. 10, 1911, in Manhattan, Ill.

Mr. Manning attended schools in Manhattan and Joliet and graduated from Joliet Township High School in 1930. He received a bachelor's degree from the University of Illinois at Urbana-Champaign in 1933 and a master's degree in chemical engineering in 1933 and a master's degree in science degree in chemical engineering in 1933.

He died in Clarendon Hills, Ill., for 37 years, he had been a resident of Santa Monica since May 1983. While in Clarendon Hills, he served as past president of the Clarendon Hills Parent-Teacher Association and the Little League.

•Project

(Continued from Page 1A)

In addition to repaving the roadway between the Missouri state line and I-55, the project will include other improvements. When finished the Mississippi River and the Illinois Canal bridges will have new concrete decks and new expansion joints; and five bridges over highways and railroads will have their decks widened and replaced, and the bridges will also be modified to withstand earthquake damage.

To relieve congestion, IDOT and the Missouri Department of Transportation distributed approximately 20,000 brochures outlining the change.

Crowe said that section of highway normally has about 52,000 vehicles per day, and there hasn't been a very large drop in that number.

He said there has also been an increase in the number of accidents on the interstate, most caused by people tailgating.

"The vast majority of accidents up there are rear enders," he said.

•Newsboys

(Continued from Page 1A)

street corner preference, if applicable, and someone will get back to you.

Charles interested in receiving a 1996 Old Newsboys Day grant application should send a self-addressed, stamped envelope to: Old Newsboys Day Funding Request, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. The deadline for submitting an application is Oct. 9.

ESTIMATES

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From October 1934 to November 1940, he worked as a chemical engineer at Western Cartridge Company in Granite City. He also was employed by Western Electric (now AT&T Technologies) in engineering management from January 1946 to July 1975. He was awarded the 1998 Distinguished Alumni Achievement Award in June 1998.

Gen. Manning entered on extended active duty for World War II on Nov. 11, 1940. He served overseas in the North African, Italian and European theaters, participated in nine major campaigns, five amphibious operations, the entire ANZIO Beachhead operation and an assault crossing of the Rhine River into Germany.

He returned to reserve status as a colonel in March 1948. He organized and commanded the 32nd Logistical Command of Chicago, from activation in March 1948 through deactivation in December 1965. This period included 10 months of active duty during the Reserve Force call-up for the Berlin Crisis in 1961-62.

Gen. Manning was promoted to brigadier general in January 1964 and to major general in May 1968. He retired from the Army Reserve in June 1968 after 38 years active and reserve service. He was the senior Army reservist in the United States at that time.

Survivors include his wife, Annmarie "Ann" (DeWetter) Manning, whom he married in 1946; two sons, Daniel S. Manning of Boston and Richard Manning of Granite City; one daughter, Joanne Manning of Santa Monica; one brother, Robert E. Manning of Mount Prospect, Ill.; two sisters, Mary Riley and Margaret Jorgensen, both of Manhattan; and one grandson.

A memorial service will be held at 1 p.m. Saturday, Aug. 24, at Redeemer Lutheran Church, First Street and Park Avenue in Hinsdale, followed by a reception. A Mass will be held at 11 a.m. at Notre Dame Church, 64 Norfolk in Clarendon Hills, prior to the memorial service.

Hilda Thabar

Hilda (Pufall) Thabar Thabar, 83, of Granite City died at 12:55 a.m. Saturday, Aug. 17, 1996, at St. Elizabeth Medical Center, following a 10-day illness. She was born March 23, 1913, in Granite City, where she had been a lifelong resident.

A bookkeeper with Vesel Inc. in Granite City prior to her retirement, she was a member of St. John United Church of Christ in Granite City.

Mrs. Thabar is survived by one daughter, Elnora (Schubert) Glasco of Collinsville; one son, preceded in death by her first husband, Walter Wuhrer, whom she married Oct. 24, 1936, and who died March 11, 1972; her second husband, Alvin L. Thabar, whom she married June 1, 1972; her son, Alvin L. Thabar, and her daughter, Elnora (Schubert) Glasco; and her son, Alvin L. Thabar, and her daughter, Elnora (Schubert) Glasco.

Services were Monday at Irwin Chapel in Granite City with the Rev. Allen Heller officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon. Arrangements were handled by St. John United Church of Christ.

James Woodiest

James Woodiest, 78, of East St. Louis, formerly of Brooklyn, died Thursday, Aug. 15, 1996, at St. Mary's Hospital in East St. Louis.

Born in Alabama, he had been a resident of Brooklyn, N.Y., prior to moving to East St. Louis in 1945.

Mr. Woodiest was employed with Granite City from 1945 to 1975. Survivors include his wife, Alberta Woodiest, and one daughter.

Services were Monday at Nash Funeral Home in East St. Louis, with the Rev. John Comer officiating. Burial was in Holy Cross Cemetery in Fairview Heights.

W. Stegelmeyer

Walter R. Stegelmeyer, 78, of Granite City died at 3:05 p.m. Sunday, Aug. 19, 1996, at his residence.

He was born Oct. 11, 1917, in Granite City, where he had been a resident for 78 years.

Mr. Stegelmeyer was employed with Granite City from 1945 to 1975. Survivors include his wife, Alberta Stegelmeyer, and one daughter.

Services were Monday at Nash Funeral Home in East St. Louis, with the Rev. John Comer officiating. Burial was in Holy Cross Cemetery in Fairview Heights.

Arrangements were handled by Thomas Memorial Mortuary in Granite City.

Laverne Peters

Laverne F. Peters, 63, of Pontoon Beach, died at 8:45 p.m. Friday, Aug. 16, 1996, at Eliza's Medical Center. He was born May 19, 1933, in Trenton, N.J.

A carpenter, he was a member of the Pontoon Beach Vets Post 1300 in Granite City, the Venice-Madison American Legion Post 307 in Granite City, and the AMVETS Post 51 in Granite City.

Survivors include his wife, Laverne F. Peters, and one daughter.

Services were Monday at Nash Funeral Home in East St. Louis, with the Rev. John Comer officiating. Burial was in Holy Cross Cemetery in Fairview Heights.

Arrangements were handled by Thomas Memorial Mortuary in Granite City.

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18, 1996, at Colonial Care Center, after being ill for more than four months. He was born April 22, 1918, in Granite City, where he had been a lifelong resident.

A vice president of Granite City from 1955 to 1985, he was a member of New Life Assembly, a member of the Men's Fellowship, and a member of the Men's Fellowship.

Survivors include his wife, Edna (Evans) Stegelmeyer, whom he married Oct. 12, 1941, in Granite City; one son, Ronald Stegelmeyer of Cahokia; two daughters, Gloria Stegelmeyer of Granite City and Patti Stegelmeyer of Aviston; one brother, Ralph Stegelmeyer of Granite City; two sisters, Sheila Wood and Mildred Kenison, both of Granite City; and three grandchildren.

He was preceded in death by his parents, Lawrence R. and Amelia (Brink) Stegelmeyer.

Services are at 11 a.m. today, Wednesday, at St. John Cemetery, 2205 Pontoon Road in Granite City, with the Rev. Jim Stegelmeyer officiating. Burial will be in St. John Cemetery, Namek Road in Granite City.

Memorials are requested for the American Lung Association.

Charles Alvarez

Charles "Chico" Alvarez, 56, of Holister, Mo., formerly of Collinsville, died at 6:30 p.m. Thursday, Aug. 15, 1996, at his residence. He was born Oct. 21, 1939, in Collinsville.

A police officer in Sonoma, Calif., for 10 years prior to his retirement, he formed owned Moser's Gas Station in Collinsville and Mr. Postman in Sonoma. He was a United States Army veteran.

Survivors include his wife, Carol (Clutts) Alvarez, whom he married Aug. 12, 1961, in Granite City; and one son, Craig Alvarez of Holister.

Services were Monday at Herbert A. Kasaly Funeral Home in Collinsville with the Rev. Donald Seibert officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the American Cancer Society.

Shaina Glasco

Shaina Leanne Glasco was stillborn at 3:08 p.m. Friday, Aug. 16, 1996, at Anderson Hospital in Maryland.

Survivors include her parents, Jason and Shaina (Schubert) Glasco of Granite City; her paternal grandparents, Jim and Judy Glasco of Glen Carbon; her maternal grandparents, Sun and Pat Schmierbach of Belleville; and her maternal great-grandparents, Pauline Glasco of Caseyville, and her maternal great-grandmother, Sun and Pat Schmierbach of Belleville.

Services were Monday at Irwin Chapel in Granite City with the Rev. Allen Heller officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Arrangements were handled by Thomas Memorial Mortuary in Granite City.

Raffle winners

The Granite City Association for the Protection of Animals has announced the winners of the APA's raffle, held July 4.

First-place winner of \$100 was Mary Moslander. Second-place winner of \$50 was Irwin. Third-place winner of \$25 was Angela Laughlin.

Survivors include four sons, Donald J. Portell Jr. and Louis R. Gonzalez, both of Highland, Ill. A. Gonzalez of Kennesaw, Ga., and David J. Gonzalez of Collinsville; three daughters, Jeanne Ray of Jackson, Miss.; Jeni Stone of Trenton and Shelli Vestal of Madison, Wis.; one sister, Olivia Glasco of Edwardsville; her former husbands, Oscar Gonzalez of Collinsville, whom she married March 25, 1948, in East St. Louis; and one grandson, and eight great-grandchildren.

She was preceded in death by her first husband, Donald J. Portell Sr., whom she married Oct. 19, 1939, in Missouri; and who died Aug. 18, 1985, her parents, Louis Walter Bernal and Edna (Schubert) Bernal; and her three brothers, Charles, James and Kendall Bernal; and two sisters, Olga Bogard and Maude Browning.

Services were Tuesday at Highland Community Church in Highland with the Rev. Leonard E. Pye officiating. Burial was in Lake View Memorial Gardens in Fairview Heights. Arrangements were handled by Engel-Boulevard Funeral Home in Highland.

Memorials are requested for the Arthritis Foundation.

Survivors include his wife, Mary Ann Peters, whom he married Nov. 13, 1959, in Madison, Mo.; one daughter, Phyllis Garcia of Brees; and 16 grandchildren.

He was preceded in death by his father, Francis "Jimmy" Peters.

Services were Tuesday at St. Anthony's Church in Beckmeier with the Rev. Richard Weidert officiating. Burial was in St. Anthony's Cemetery in Beckmeier.

Arrangements were handled by Frerking Funeral Home in Carlyle.

Survivors include his wife, Hilda (Pufall) Thabar Thabar, 83, of Granite City died at 12:55 a.m. Saturday, Aug. 17, 1996, at St. Elizabeth Medical Center, following a 10-day illness. She was born March 23, 1913, in Granite City, where she had been a lifelong resident.

A bookkeeper with Vesel Inc. in Granite City prior to her retirement, she was a member of St. John United Church of Christ in Granite City.

Mrs. Thabar is survived by one daughter, Elnora (Schubert) Glasco of Collinsville; one son, preceded in death by her first husband, Walter Wuhrer, whom she married Oct. 24, 1936, and who died March 11, 1972; her second husband, Alvin L. Thabar, whom she married June 1, 1972; her son, Alvin L. Thabar, and her daughter, Elnora (Schubert) Glasco; and her son, Alvin L. Thabar, and her daughter, Elnora (Schubert) Glasco.

Services were Monday at Irwin Chapel in Granite City with the Rev. Allen Heller officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon. Arrangements were handled by St. John United Church of Christ.

James Woodiest, 78, of East St. Louis, formerly of Brooklyn, died Thursday, Aug. 15, 1996, at St. Mary's Hospital in East St. Louis.

Born in Alabama, he had been a resident of Brooklyn, N.Y., prior to moving to East St. Louis in 1945.

Mr. Woodiest was employed with Granite City from 1945 to 1975. Survivors include his wife, Alberta Woodiest, and one daughter.

Services were Monday at Nash Funeral Home in East St. Louis, with the Rev. John Comer officiating. Burial was in Holy Cross Cemetery in Fairview Heights.

Arrangements were handled by Thomas Memorial Mortuary in Granite City.

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Here are some timely
Late Summer Tips
from the experts at
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Where Beautiful Things Begin

August is slowly fading into oblivion, and so is the gardening season. Oh, it's not over by a long shot, but it's getting there. And there's still plenty to do to keep busy.

Plan on planting a few shade trees. They'll help keep your home cooler in summer, lowering your air conditioning bills. And that's not to mention the beauty they provide. Tree planting doesn't have to wait until fall, you'll just have to provide new trees with a little more TLC.

Now's a good time to plan for next year's spring color show. Stake out a good location for daffodils, crocuses, tulips and hyacinths, then plant them when fall rolls around. Spring will definitely make a grand entrance next year.

From now through early October is the time for controlling perennial weeds such as dandelion. Just make sure you use herbicides with care, so you don't damage any nearby shrubs and decorative plants.

Keep impatiens watered and pinched to extend flowering well into the fall, even up until the first frost. Frost still a long way off. The average first fall frost in this area is November 8, so no need to panic.

Speaking of first frosts, that, along with the last frost in spring, is what determines the length of the gardening season in any given area. A couple of years ago we printed a list of all 50 states and their gardening season lengths, and it was pretty interesting. We'll run it again shortly. Our season, by the way, averages 220 days.

Back to some ways to use the remaining days. Pick broccoli before the dark green cluster opens into yellow flowers. Surplus vegetables, including broccoli, can be stored in the freezer for later use. Other veggies suitable for freezing are asparagus, beans, cauliflower, peas, rhubarb, Swiss chard, spinach and corn, to name a few.

Feed your roses for the last time this season.

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SIUE athletes to receive care from St. Elizabeth program

St. Elizabeth Sports Services will provide daily sports medicine coverage to athletes at Southern Illinois University at Edwardsville during the 1996-97 school year.

Dan Stephens, Certified Athletic Trainer and Coordinator for Sports Medicine Services at St. Elizabeth Medical Center will head the program.

The six-year-old program at St. Elizabeth Medical Center includes four athletic trainers who are certified through the National Athletic Trainers Association and are licensed by the State of Illinois. The sports services program includes community education programs.

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Cahokia Mounds is now in Collinsville

By Nicole Vaughn
Staff writer

It's official: Cahokia Mounds is now in Collinsville.

During its meeting last week, the Collinsville City Council voted 4-1 to annex 861 acres of the state historic site, or about half of the state-owned property.

The annexed territory includes Monk's Mound and the Interpretive Center, Director of Economic Development Tim Pickering said.

A public hearing on the annexation was held during the meeting. Pickering said a key advantage is having a World Heritage Site within the city limits. Other pluses include creating a natural western boundary, putting the city limits within 5 miles of the Gateway Arch, and revenues from water service and taxes from Cahokia Mounds' gift shop sales.

The downside of the annexation includes a possible legal challenge by the State Park Fire Protection District and additional fire and police calls with longer response times. Those issues were not overlooked by Mayor Vince Kutzera. He voted against the annexation.

"It's too much of an added burden to the taxpayers for us to annex this property," Kutzera said. "We're passing through a lot of area that doesn't belong to the city."

Cahokia Mounds was in an unincorporated

area west of the city that takes in land in both Madison and St. Clair counties.

Water service is at the heart of the request to annex to the city. Pickering said that Cahokia Mounds has had trouble with pressure in its sprinkler system. Dr. Margaret Brown, site director, said that in the last two weeks the site has been without water three times — once for several hours.

Kutzera said he would have supported a measure to provide water service to the Mounds — but left it at that.

"We could provide water for them and solve their problems," Kutzera said. "We are using Collinsville resources to support that effort down there. Pretty soon we may be looking at additional personnel."

Rodney Redmond, president of the State Park Fire Protection District, said his district is "100 percent opposed" to the annexation. He said Collinsville officials have not been forthcoming with information.

"I don't think it makes for very good relations," Redmond said. Pickering said that the fire district will continue to receive the \$1,200 it is currently paid by Cahokia Mounds and that having State Park act as a "first responder" on fire calls has been discussed.

"We currently don't have a problem with that but we do need to work something out," Pickering said.

BAC offers beginning firearms course

For individuals who are interested in safely using firearms, Belleville Area College is offering an introduction to firearms course

this fall at the Belleville Campus, 2500 Carlyle Ave.

Introduction to Firearms, Administration of Justice 145-01, is a gun literacy course, said William Allen, coordinator of BAC's Administration of Justice program.

The course is designed to introduce individuals to the law, liability and use of handguns, as well as the skills required in the care, handlings

and safety of handguns.

Introduction to Firearms will be offered from 9 a.m. to 5 p.m., Saturday and Sunday, Oct. 19 and 20. This one credit-hour course includes classroom instruction as well as firing-range activities. The course also can be used as an elective.

For more information, contact Allen at 235-3700, extension 265 or 263.

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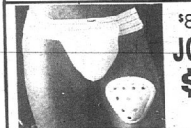
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St. Louis, 33, 7:10 a.m.
St. Louis, 27, 7:25 a.m.
Sinclair, 34, 7:05 a.m.
Spruce, 33, 7:30 a.m.
State (1200-2000), 27, 7:20 a.m.
State (2100-2500), 6, 7:20 a.m.
Sullivan Drive, 33, 7:15 a.m.
Swan Drive, 34, 7:10 a.m.
Union (3000 only), 33, 7:10 a.m.
Walnut, 33, 7:30 a.m.
Washington (2000-2200), 30, 7:30 a.m.
First Street (Army Depot), 33, 7:15 a.m.
13th Street (2000-2200), 27, 7:20 a.m.
14th Street (2000-2200), 27, 7:20 a.m.
26th Place, 34, 7:05 a.m.
27th Place, 34, 7:05 a.m.
29th Place, 34, 7:05 a.m.
E. 23rd Street, 30, 7:25 a.m.
E. 24th Street, 33, 7:25 a.m.
W. 20th Street (2000-2500), 35, 7:15 a.m.
W. 20th Street (2600-2900), 34, 7:20 a.m.
W. 20th Street (3000-3100), 33, 7:10 a.m.
W. 21st Street (2000-2500), 35, 7:15 a.m.
W. 22nd Street (2600-2800), 34, 7:20 a.m.
W. 23rd Street, 35, 7:15 a.m.
W. 24th Street (2000-2500), 35, 7:15 a.m.
W. 24th Street (2500-2600), 35, 7:15 a.m.
W. 26th Street (2500-2600), 34, 7:20 a.m.
W. 26th Street (North Granite), 34, 7:05 a.m.

Gingsby Middle School

Abel Court, 31, 7:35 a.m.
Adams Street (Bruno Road), 32, 7:30 a.m.
Angela Drive, 5, 7:30 a.m.
Arlington, 33, 7:35 a.m.
Arlington Road, 32, 7:35 a.m.
Arnold, 41, 7:35 a.m.
Aund, 44, 7:30 a.m.
B Street, 4, 7:40 a.m.
Ball, 14, 7:40 a.m.
Barbara Court, 32, 7:35 a.m.
Barnes, 4, 7:35 a.m.
Benning, 41, 7:35 a.m.
Bern, 38, 7:40 a.m.
Berkley, 39, 7:40 a.m.
Bischoff Road (Sand Road), 32, 7:30 a.m.
Bluebird, 36, 7:30 a.m.
Boyle, 5, 7:20 a.m.
Boston Place, 36, 7:30 a.m.
Boyle, 5, 7:20 a.m.
Braden, 12, 7:30 a.m.
Brenner, 39, 7:40 a.m.
Bremen, 14, 7:40 a.m.
Bruene (4100-4200), 4, 7:40 a.m.
Bruno Road (Airport Road), 32, 7:30 a.m.
Buena, 38, 7:25 a.m.
Burgess, 36, 7:35 a.m.
Burton Subdivision, 10, 7:30 a.m.
Cambridge Court, 36, 7:25 a.m.
Cambridge Drive, 36, 7:25 a.m.
Candl, 29, 7:20 a.m.
Carla Drive, 32, 7:35 a.m.
Carolyn, 10, 7:30 a.m.
Catalpa, 31, 7:35 a.m.
Carmichael, 34, 7:20 a.m.
Central Lane, 4, 7:35 a.m.
Chain of Rocks Road E. (600-900), 31, 7:40 a.m.
Chain of Rocks Road E. (600-900), 31, 7:40 a.m.
Chain of Rocks Road W. (8100-8200), 31, 7:40 a.m.
Charleston Circle, 36, 7:25 a.m.
Cheshire, 41, 7:35 a.m.
Chouteau Avenue, 4, 7:35 a.m.
Chouteau Island, 12, 7:20 a.m.
Chouteau Place Road (1300), 12, 7:20 a.m.
Chouteau Trace, 31, 7:35 a.m.
Clinton, 38, 7:40 a.m.
Columbia Court, 36, 7:25 a.m.
Cote Brillante, 36, 7:40 a.m.
Country Lane, 38, 7:30 a.m.
Courtney, 14, 7:40 a.m.
Crawford, 31, 7:40 a.m.
Daisy Court, 32, 7:35 a.m.
Davies Place, 31, 7:40 a.m.
Deborah, 5, 7:40 a.m.
Deborah, 5, 7:20 a.m.
DeLynn, 41, 7:35 a.m.
Douglas, 4, 7:35 a.m.
Dunwood, 39, 7:15 a.m.
Dorothy Court, 14, 7:40 a.m.
Drake, 39, 7:40 a.m.
Dwight, 31, 7:35 a.m.
Dwight, 41, 7:35 a.m.
East Chain of Rocks Road (300-600), 4, 7:35 a.m.
East Chain of Rocks Road (600-900), 31, 7:40 a.m.
East Lake Drive (4200-4300), 31, 7:40 a.m.
Eastgate, 31, 7:45 a.m.
Eduardo Drive, 39, 7:30 a.m.
Eldersville Road (4100-4500), 39, 7:30 a.m.
Engineer Road, 31, 7:35 a.m.
Esquire (191, 192, 201 only), 32, 7:35 a.m.
Evergreen, 29, 7:20 a.m.
English, 4, 7:35 a.m.

Fairway Estates Apartments, 32, 7:35 a.m.
Ferguson, 14, 7:40 a.m.
Fleming, 4, 7:35 a.m.
Franko Lane, 10, 7:30 a.m.
Foreman Court, 41, 7:35 a.m.
Fourmableau, 31, 7:40 a.m.
Gargac Court (Smith R. Loop), 39, 7:35 a.m.
Geatonce, 31, 7:45 a.m.
Georgetown, 31, 7:45 a.m.
Glory Lane, 5, 7:20 a.m.
Greenway, 31, 7:40 a.m.
Harris, 10, 7:30 a.m.
Hamilton, 41, 7:35 a.m.
Hanson Drive, 32, 7:35 a.m.
Harrison (1-12), 39, 7:35 a.m.
Hanson (2000-and up), 41, 7:35 a.m.
Harvey Place, 5, 7:20 a.m.
Hartford Street, 10, 7:30 a.m.
Henlock, 5, 7:20 a.m.
Herbert, 29, 7:20 a.m.
Hills (hill), 29, 7:20 a.m.
Holiday Mobile Homes, 32, 7:30 a.m.
Highway 111 (3500-3800), 32, 7:20 a.m.
Highway 111 (4200), 4, 7:40 a.m.
Highway 162 (3200-4400), 39, 7:35 a.m.
Iris Avenue, 39, 7:40 a.m.
Iris Court, 39, 7:40 a.m.
Ivy Lane, 36, 7:35 a.m.
Jaune Court, 31, 7:30 a.m.
Jason Drive, 36, 7:30 a.m.
Jeanette Drive, 32, 7:35 a.m.
John Glen Drive, 31, 7:45 a.m.
Jones Park, 39, 7:45 a.m.
Joseph Court, 36, 7:30 a.m.
Karen Drive, 32, 7:35 a.m.
Kaseberg Lane, 31, 7:40 a.m.
Kaseberg Park (20-100), 39, 7:40 a.m.
Kaseberg Park (4100) 31, 7:45 a.m.
Katie Lynn Drive, 41, 7:35 a.m.
Keelin Lane, 12, 7:20 a.m.
Keith Street, 36, 7:30 a.m.
Kelly Drive, 32, 7:35 a.m.
Kinder Lane, 31, 7:40 a.m.
Lake Road (3100), 3, 7:45 a.m.
Lake Road (3300-3500), 12, 7:45 a.m.
Lake Road (3600), 3, 7:45 a.m.
Lake Drive East (4200-4300), 31, 7:45 a.m.
Lake Drive West (4400 and up), 5100, 41, 7:40 a.m.
Lake Street (3800-3900), 4, 7:40 a.m.
Lake Shore Drive, 41, 7:40 a.m.
Lakewood (1-50), 31, 7:45 a.m.
Lakeview (5000-5200), 41, 8:45 a.m.
Lee (Burton Subdivision), 1, 7:35 a.m.
Lenox, 4, 7:35 a.m.
Lewis, 29, 7:20 a.m.
Lexington Court, 36, 7:25 a.m.
Lily Avenue, 39, 7:40 a.m.
Lily Court, 39, 7:40 a.m.
Lockhaven, 39, 7:40 a.m.
Lola, 29, 7:20 a.m.
Lucky Lane, 29, 7:15 a.m.
Lynch (2100-2300), 14, 7:40 a.m.
Lynch (2400 and up), 5, 7:20 a.m.
Mallard, 39, 7:40 a.m.
Margaret, 4, 7:35 a.m.
Marigold, 39, 7:40 a.m.
Mark Court, 36, 7:30 a.m.
Martin, 4, 7:35 a.m.
Maryville Road (4001-4901, odd), 38, 7:40 a.m.
Maryville Road (2800-3200, even), 38, 7:25 a.m.
Maryville Road (4009-4900, even), 5, 7:20 a.m.
Maryville Road (5100-5500), 29, 7:20 a.m.
Matthew Court, 36, 7:30 a.m.
Maurene Court, 5, 7:20 a.m.
Meadow Lane, 10, 7:30 a.m.
Meadowlark, 36, 7:30 a.m.
Melrose, 12, 7:30 a.m.
Merwin Drive, 32, 7:35 a.m.
Middlesex Court, 36, 7:25 a.m.
Mikel Drive, 32, 7:35 a.m.
Minosa Drive, 31, 7:35 a.m.
Minerva, 14, 7:40 a.m.
Miracle, 38, 7:40 a.m.
Mitchell, 14, 7:40 a.m.
Mockingbird (2800-2700), 7:30 a.m.
Mockingbird, 36, 7:30 a.m.
Moffatt, 29, 7:15 a.m.
Moerland, 31, 7:40 a.m.
Moro, 14, 7:40 a.m.
Morris Court, 5, 7:20 a.m.
Morrison Road, 41, 7:40 a.m.
Mueller, 29, 7:20 a.m.
Murphy Lane, 12, 7:20 a.m.
Nameeki Road (4000-4600), 14, 7:40 a.m.
Nameki Road (4700-4900), 41, 7:35 a.m.
Nameeki Road (5100-5200), 4, 7:35 a.m.
Nightingale, 36, 7:25 a.m.
Northbridge, 36, 7:25 a.m.
North Street (4000), 14, 7:40 a.m.
North Street (4100), 31, 7:45 a.m.
Northland Drive, 41, 7:35 a.m.
Norwood, 12, 7:30 a.m.
Old Aldon Road (4000-4700), 12, 7:30 a.m.
Old Aldon Road (5000), 12, 7:30 a.m.
Old Aldon Road (5100), 29, 7:25 a.m.
Old Aldon Road (5400-5200), 10, 7:35 a.m.

Old Edwardsville Road
(Smith-Rouland Loop), 39, 7:35 a.m.
Orville, 38, 7:40 a.m.
Osprey, 39, 7:40 a.m.
Patricia, 10, 7:40 a.m.
Pawnee Lane, 32, 7:40 a.m.
Park Street, 12, 7:30 a.m.
Parkview Drive and Apartments, 36, 7:30 a.m.
Peacock, 38, 7:40 a.m.
Perkins Court, 39, 7:35 a.m.
Perigan Lane, 39, 7:30 a.m.
Petunia, 39, 7:40 a.m.
Pine, 5, 7:20 a.m.
Pointe-aux-Lacs (1600-2000, odd), 14, 7:45 a.m.
Pontoon Road (2100-2600), 14, 7:45 a.m.
Pontoon Road (4100 and up), 39, 7:45 a.m.
Pontoon Road West (1200-1300), 12, 7:30 a.m.
Prairie, 14, 7:40 a.m.
Primrose, 14, 7:40 a.m.
Quail Ranch Homes Park, 39, 7:40 a.m.
Quiet Valley, 39, 7:40 a.m.
Rapp Road, 41, 7:40 a.m.
Redwood, 39, 7:40 a.m.
Reta Court, 41, 7:35 a.m.
Revere Lane, 39, 7:40 a.m.
Revolution's Route, 36, 7:25 a.m.
Robin Court, 12, 7:30 a.m.
Robert, 38, 7:40 a.m.
Roberta, 10, 7:40 a.m.
Rocky Lane, 12, 7:30 a.m.
Roche, 39, 7:40 a.m.
Roxbury, 36, 7:25 a.m.
Ruth, 10, 7:40 a.m.
Homeshe Lake Road, 32, 7:30 a.m.
St. Thomas Road (1300-1600 N.), 10, 7:40 a.m.
St. Thomas Road (900-1100 S.), 29, 7:35 a.m.
Sand Prairie Lane, 32, 7:30 a.m.
Sand Road (Bischoff Road), 32, 7:30 a.m.
Sandy Shores (157, 163, 164, 170, 174, 180), 32, 7:35 a.m.
Sara, 5, 7:20 a.m.
Schaefer Road, 12, 7:25 a.m.
Sequoia, 39, 7:40 a.m.
Sheila, 29, 7:25 a.m.
Shirley Drive, 12, 7:20 a.m.
Shirley Drive, 32, 7:40 a.m.
Shiriville Court, 32, 7:35 a.m.
Slough Road (1300-2500), 12, 7:20 a.m.
Smith-Rouland Loop, 39, 7:35 a.m.
Snowbird, 38, 7:30 a.m.
South Street (4100), 31, 7:45 a.m.
Spalding, 5, 7:20 a.m.
Spring Avenue, 14, 7:40 a.m.
Stacy Drive, 29, 7:30 a.m.
Steans, 5, 7:20 a.m.
Stephanie Drive, 29, 7:30 a.m.
Stephanie Drive, 29, 7:30 a.m.
Stratford Lane, 36, 7:30 a.m.
Sunflower, 39, 7:40 a.m.
Sunny Dell Acres, 10, 7:40 a.m.
Sunny Shores, 29, 7:30 a.m.
Sunnyside, 4, 7:40 a.m.
Synamore, 14, 7:40 a.m.
Tennessee, 4, 7:35 a.m.
Theilker Road, 32, 7:35 a.m.
Thorpe Court, 39, 7:40 a.m.
Thorngate (500-600), 10, 7:40 a.m.
Thorngate (100), 29, 7:15 a.m.
Timberlake Drive, 31, 7:35 a.m.
Tracy Lane, 10, 7:35 a.m.
Travis Lane, 31, 7:40 a.m.
Troekler Lane, 31, 7:40 a.m.
Tulp Avenue, 39, 7:40 a.m.
Tulp Court, 39, 7:40 a.m.
University, 31, 7:40 a.m.
Van May Park, 29, 7:20 a.m.
Venice, 14, 7:40 a.m.
Vernon, 29, 7:15 a.m.
Vescl, 5, 7:20 a.m.
Victoria Drive, 31, 7:45 a.m.
Village Lane (3200-3300), 36, 7:35 a.m.
Village Lane Apartments, 14, 7:45 a.m.
Vincent, 41, 7:35 a.m.
Vine, 38, 7:40 a.m.
Violet, 39, 7:40 a.m.
Virginia, 32, 7:45 a.m.
Volant Prairie, 7:35 a.m.
W. Chain of Rocks Road (3100-3200), 29, 7:15 a.m.
Wobash, 14, 7:40 a.m.
Walter, 38, 7:40 a.m.
Wanda, 26, 7:15 a.m.
Warnock, 41, 7:40 a.m.
Warson Lane, 31, 7:40 a.m.
Waterman (2100-2300), 14, 7:40 a.m.
Waterman (2400 and up), 5, 7:20 a.m.
Watertown Circle, 36, 7:25 a.m.
Waterworks Road, 12, 7:20 a.m.
Wellington, 41, 7:35 a.m.
West Lake Drive (4300 and up, 5100), 41, 7:45 a.m.
West Ponton Road (1200-2000, odd), 12, 7:30 a.m.
Westgate,

Arnold, 20, 7:40 a.m.
Benning, 20, 7:30 a.m.
Breckenridge Lane, 17, 7:25
m.
Central Lane, 16, 7:35 a.m.
Cheshire Court, 20, 7:30 a.m.
D'Lynn, 20, 7:30 a.m.

Georgetown, 14, 8:05 a.m.
Guth Place, 16, 7:55 a.m.
Heather Street, 16, 7:55 a.m.
Herrert, 19, 7:55 a.m.
Hills, 19, 7:55 a.m.
Highway 111 (4100-4300), 10, 8
a.m.
Kasberg Lane (4000-4100), 10, 8
a.m.
Kader Lane, 12, 8:10 a.m.
Lakeview (1-40), 10, 8:05 a.m.
Lea, 16, 8 a.m.
Lewis, 19, 8 a.m.
Lola, 18, 8 a.m.
Lots of Tots, 12, 7:55 a.m.
Lucky Lane, 18, 8 a.m.
Marble, 12, 8:05 a.m.
Maryville Road (5100-5500,
ven), 19, 7:50 a.m.
McKenzie Road (5100, odd),
9, 7:50 a.m.
Maryville Road (5200-5500,
ven), 19, 7:50 a.m.
Meadow Lane, 16, 7:55 a.m.
Melrose, 33, 8 a.m.
Mossa, 14, 8:05 a.m.
Morfat, 18, 8 a.m.
Mueller, 19, 7:55 a.m.
Nameoki Road (5100-5200), 12,
8 a.m.
North Street (4100), 10, 8:05
m.
Norwood, 33, 8 a.m.
Old Alton Road (4000-4700), 33,
a.m.
Old Alton Road (5100), 19, 8
m.
Old Alton Road (5500-6200), 16,
55 a.m.
Palmetto, 17, 8 a.m.
Paradise Lane, 12, 8:10 a.m.
Park Lane, 16, 8 a.m.
Paul, 17, 8 a.m.
Pearl Court, 10, 8 a.m.
Pontoon Road W (1100-1400,
even), 33, 8 a.m.
Pontoon Road W (1100-1400,
odd), 33, 8 a.m.
Pontoon Road (4100, odd), 10, 8
m.
Redwood, 17, 8:05 a.m.
Roberta, 17, 8 a.m.
Rodeo, 33, 8 a.m.
Rodgers, 17, 8 a.m.
Ruth, 17, 8 a.m.
Seaside Drive, 14, 8 a.m.
Shella, 19, 8 a.m.
St. Thomas Road (1300-1600
even), 17, a.m.
St. Thomas Road (900-1100 N)

Adams (1900-2300), 26, 8 a.m.
Army Depot (front part), 27, 8 a.m.
Army Depot (new area), 25, 8 a.m.
Army Depot (hatchery Day Care), 27, 8 a.m.
Benton (1900-2300), 26, 8 a.m.
Cayuga (2800), 6, 8:05 a.m.
Cayuga (2700-2900), 34, 7:55 a.m.
Cayuga (3000-3100), 27, 7:55 a.m.
Cemetery Road, 21, 7:45 a.m.
Chain of Rocks Road (between Highway 3 and old bridge), 21, 7:45 a.m.
Chestrnut, 28, 7:55 a.m.
Chicago, 28, 7:55 a.m.
Circle Drive (1300-2200), 21, 7:40 a.m.
Circle Drive (2500-3000), 21, 7:50 a.m.
Cleveland (1600-1800), 8, 7:55 a.m.
Cleveland (1900-2300), 26, 8 a.m.
Cleveland (2400-2500), 26, 8 a.m.
Delmar (1600-2200), 8, 7:55 a.m.
Denver (2300 only), 24, 8 a.m.
Denver (2800-2900), 6, 8:05 a.m.
Denver (3000-3100), 27, 7:55 a.m.
East Lane (Army Depot), 27, 8 a.m.
Edison (1600-1800), 8, 7:55 a.m.
Edison (1900-2300), 24, 7:50 a.m.
Emizee, 6, 8:05 a.m.
Fisher Court, 25, 8 a.m.
Garber Court, 25, 8 a.m.
Grand (1500-2300), 24, 7:50 a.m.
Granite Avenue, 21, 7:50 a.m.
Harrison, 6, 8:05 a.m.
Harrison, 8, 8:05 a.m.
Herschbach Drive, 27, 8 a.m.
Herschbach Drive, 27, 8 a.m.
Illini Motel, 8, 7:55 a.m.
Independence Drive, 27, 7:55 a.m.
Jefferson, 6, 8:05 a.m.
Justice Court, 25, 8 a.m.
Keelin Lane, 21, 7:40 a.m.
Kennedy Drive, 27, 8 a.m.
Keelin Lane, 24, 7:55 a.m.
Madison Avenue (1500-2300), 24, 7:50 a.m.
Maple (1600-1900), 34, 7:45 a.m.
McIntosh Drive, 25, 8 a.m.
Morgan, 6, 8:05 a.m.
Murphy Lane, 21, 7:40 a.m.
Namecki Drive, (2500-3000), 24, 7:50 a.m.
Niedringhaus (700-900), 28, 7:55 a.m.
Niedringhaus (1000-1200), 26, 8 a.m.
Oak, 28, 7:55 a.m.
Old Rock Road (490-700), 21, 7:40 a.m.
Olive, 28, 7:55 a.m.
Parktowne Wst., 34, 7:55 a.m.
Parktowne Wst. Road W. (400), 21, 7:40 a.m.
Poplar, 28, 7:55 a.m.
Rid Lane, 21, 7:40 a.m.
Roman Lane, 21, 7:40 a.m.
Roosevelt, 8, 8:05 a.m.
Schilling Road, 21, 7:40 a.m.
Slough Road (1300-2200), 21, 7:40 a.m.
Spruce, 28, 7:55 a.m.
State Street (1600-2100), 24, 7:50 a.m.
State Street (2200-2300), 8, 7:55 a.m.
Sullivan Drive, 25, 8 a.m.
Union, 27, 7:55 a.m.
Union, 28, 7:55 a.m.
Waterworks Road, 21, 7:40 a.m.
W. Pontoon Road (400), 21, 7:40 a.m.

B. Bradley, 40, 8:05 a.m.
B. Street, 40, 8:05 a.m.
Bruene (1400-4200), 40, 8:05 a.m.
Carr, 9, 7:55 a.m.
Eduardo Drive, 23, 7:55 a.m.
Edwardsville Road (1200-1500), 39, 7:55 a.m.
Edwardsville Road (1200-1500), even, 9, 7:55 a.m.
Edwardsville Road (1200-1500), odd, 35, 7:45 a.m.
Elliott Avenue, 35, 7:45 a.m.
Elliott Road, 40, 7:55 a.m.
Grand Avenue (1200-1400), 9, 8 a.m.
Grange Street, 35, 7:45 a.m.
Gargate Lane (Old Edwardsville Road), 40, 7:55 a.m.
Hawthorne Drive, 39, 8:05 a.m.
Highway 162 (3500-3600), 23, 7:50 a.m.
Highway 162 (3700-4300), 40, 7:50 a.m.
Iowa (1200-1400), 9, 8 a.m.
Iron, 8, 7:55 a.m.
Jockey Street, 40, 8:05 a.m.
Kennedy Drive, 9, 8 a.m.
Lake Drive, 40, 8 a.m.
Lake Street, 40, 8 a.m.
Madison Avenue, 9, 8 a.m.
Meridian (1100-1300), 35, 7:45 a.m.
Mockingbird Lane (RR to 162), 40, 7:50 a.m.
Old Edwardsville Road (Smith-Rouland Loops), 40, 7:55 a.m.
Omaha, 35, 7:45 a.m.
Park Avenue, 35, 7:45 a.m.
Perrin Drive, 23, 7:50 a.m.
Quincy, 35, 7:45 a.m.
Rhodes, (1100-1400), 9, 7:55 a.m.
Russell, 35, 7:45 a.m.
Sherman, 35, 7:45 a.m.
South Street, 40, 8 a.m.
State (1200-1400), 9, 8 a.m.
Sunnyside, 40, 8 a.m.
Washington (1200-1400), 9, 8 a.m.
12th Street (2000-2100), 35, 7:50 a.m.
13th Street (2000-2100), 9, 7:55 a.m.
14th Street (1300-1700), 35, 7:55 a.m.
14th Street (2000-2200), 35, 7:50 a.m.
20th Street, 35, 7:45 a.m.

Wilson School

Arlington Road, 39, 8 a.m.
Barbara Court, 29, 8 a.m.
Bischoff Road, 5, 7:45 a.m.
Bruns Road, 5, 7:45 a.m.
Carl Court, 29, 8 a.m.
Daisy Court, 29, 8 a.m.
Drake, 38, 8 a.m.
Esquire Drive, 29, 8 a.m.
Fairway Estates Apartments, 9, 8:10 a.m.
Hanson Drive, 29, 8:10 a.m.
Holiday Mobile Homes, 5, 7:50 a.m.
Highway 111, 5, 7:40 a.m.
Irish Avenue, 38, 8 a.m.
Iris Court, 29, 8:10 a.m.
Jeanette Drive, 29, 8:10 a.m.
Jones Park, 38, 8 a.m.
Karen Drive, 29, 8:05 a.m.
Kaseberg Park (20-90), 38, 8:05 a.m.
Kelly Drive, 39, 7:45 a.m.
Lake Drive (3500-3600), 38, 8:05 a.m.
Levy Road, 5, 7:45 a.m.
Lily Prairie, 39, 8:05 a.m.
Lily Court, 39, 8:05 a.m.
Mallard, 38, 8 a.m.
Marigold, 39, 8:05 a.m.
McVey Drive, 39, 8:05 a.m.
Mikel Drive, 29, 8:05 a.m.
Osprey, 38, 8 a.m.
Pecunia, 38, 8 a.m.
Petunia, 39, 8:05 a.m.
Pontoon Road (4100), 39, 8 a.m.
Quality Beach Home Park, 38, 8 a.m.
Revelle Lane, 38, 8:05 a.m.
Sandy Prairie, 5, 7:45 a.m.
Sandy Shore (157-163, 164, 170, 190), 29, 8 a.m.
Shirwin Drive, 39, 8:05 a.m.
Sundridge Drive, 39, 8:05 a.m.
Terry Drive, 29, 8 a.m.
Tulip Avenue, 39, 8:05 a.m.
Tulip Drive, 39, 8:05 a.m.
Thelker Lane, 39, 8:05 a.m.
Violet Avenue, 39, 8:05 a.m.
Violet Court, 39, 8:05 a.m.

NEWS

Plan aims at meter tamperers

IP donates device to detect pot growers, other violators

Illinois Power Co. has donated a \$1,500 device to Illinois law enforcement agencies that helps authorities catch marijuana growers who tamper with their meters.

Drug dealers and users who grow marijuana indoors use a lot of light. To avoid suspicion spurred by tremendously high electricity bills, many growers will tamper with their meters so that the amount of electricity officially recorded is considerably less than what they actually use.

Drug dealers are not the only offenders. David A. Boyd, IP's director of audit and compliance services, said that electricity thieves range from marijuana growers to business and residential customers. He said that tampering results in IP losing from \$100 to thousands of dollars during each incident.

"The more electricity that is stolen from us, the more everyone has to pay for it," Boyd said. "We have to charge more because every kilowatt is not being recovered."

Boyd recently conducted a workshop on meter tampering for officers participating in marijuana detection training at the Illinois State Police Academy in Springfield. His visit was the foundation for the utility company's donation of the diversion system to enforcement agencies throughout the state.

IP line personnel can easily install the inconspicuous system without interrupting service. Therefore, the system allows authorities to identify meter tampering without the resident's knowledge.

Boyd noted that a single marijuana plant grown in an inside greenhouse can net about \$4,000 for a dealer.

In the past, individuals grew marijuana outdoors but ran into such woes as authorities easily observing them or deer eating the marijuana. Such pressures led the growers to move indoors and use sophisticated growing lights that produce more potent and faster maturing plants, Boyd said.

"Since marijuana has become the drug of choice in the suburbs, the indoor plants often are located in suburban homes," he said.

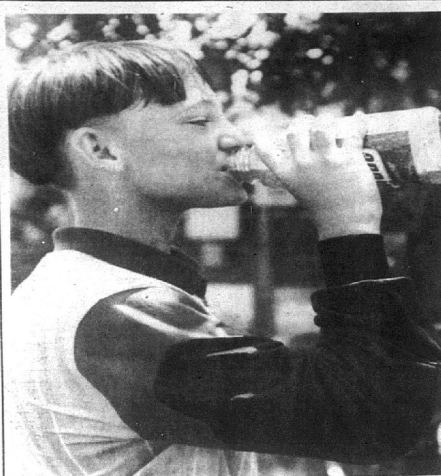
Boyd cautions officers to be extremely careful when investigating meter tampering and urges authorities to seek assistance from their local utility companies. IP, for example, will provide qualified staff to accompany the officers to residents' homes if necessary, he said.

"It takes less than one amp to kill a person. Officers unfamiliar with meter equipment can get electrocuted very easily," Boyd added. An amp is a measure of the rate that electrons flow past a given point in an electric conductor, such as a power line.

IP's partnership with state authorities on the project is "a win-win situation. We can help the policing agencies and they can help us. It's also a win-win situation for our customers, shareholder and employees," Boyd said.

Terrance W. Gainer, director of the Illinois State Police, said, "Law enforcement is most effective when there is involvement

and cooperation from the community. This type of relationship helps make Illinois a place where the criminal element won't want to set up shop."



(Photo by PAM DOEPKE-HURD)

Break time — Fourteen-year-old Adam Moniz of Granite City takes a water break during a soccer camp held earlier this month at Wilson Park.

MDA telethon at mall

St. Clair Square and the Muscular Dystrophy Association are teaming up for the annual Jerry Lewis "Stars Across America" Labor Day Telethon, which will be held on Sunday and Monday, Sept. 1-2.

St. Clair Square will be hosting its own pledge center in order to make it easier for Metro East residents to call in their donations to MDA.

The center will have the atmosphere of a mini-telethon festival, complete with phone bank, game booths, live entertainment and food.

Volunteers will man the phone bank from Sunday night until Monday evening. The games and entertainment will begin Monday morning and will go all day.

The public is invited to come and take part in this festive event.

There will be fun for the entire family, including games, contests, and entertainment from several local acts. MDA is looking for volunteers to man the phone bank and the game booths.

For more information call (314) 621-7322.

Women's Day program planned

The members of the Rescue Mission Church of God in Christ, 1536 Fourth St. in Madison, will celebrate its annual Women's Day Program, featuring "50 women in white," at 3 p.m. Sunday, Aug. 25. The theme will be "The Time Has Come to Consider and Call and Send for the Mourning and Crying Women and Let Them Make Haste." Jeremiah 9:17-23.

Special music will be provided

by the Rescue Mission Choir, under the direction of Sister Charlene Turner.

The guest speaker will be Sister Ora Lee Earvin, national evangelist, who is an active member of the McCasland Temple Church of God in Christ in Madison.

The Rev. Alfred E. Turner Sr. is pastor of the Rescue Mission.

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Quilting guild to meet Monday

The Hearts and Hands Quilt Guild of O'Fallon will meet Monday, Aug. 25, 7 p.m., at Woodgate Clubhouse in O'Fallon. The agenda includes charity quilt workshop, membership sign up and quilters November retreat sign-up. For further information call 632-3911.

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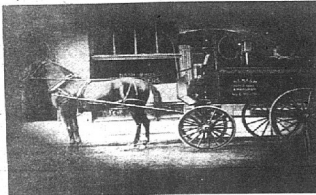
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Study finds running is not dangerous for older people

Older people who hesitate to take up running as an exercise because of fear that it will damage their bones can get reassurance from a Stanford University Arthritis Center study.

There was no measurable difference in the incidence of osteoporosis or osteoarthritis among the 27 nonrunners and 28 late-starting runners who were followed for nine years in the study. And the runners had greater bone mass. Average age was 57 at the start and 67 when final measurements were made.

All the volunteers in the study had periodic measurements of spinal bone density and knee joints. The changes caused by aging were similar for both groups.

The runners did tend to cut back a bit on their exercise with age. The average running time was nearly four hours a week at the start of the study and about two and a quarter hours at the end.

A study suggests that postmenopausal women who are taking estrogen replacement therapy might refrain from it for a few days before having a mammogram to detect breast cancer.

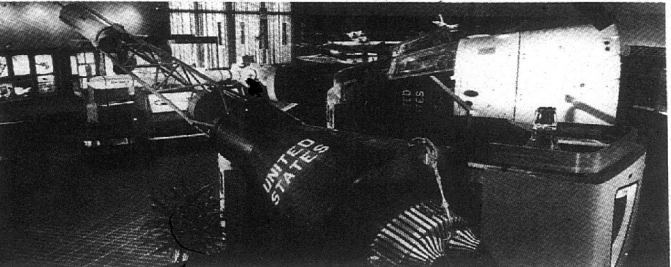
The University of Washington study of nearly 8,000 postmenopausal women found a significant increase in breast tissue density in those taking estrogen. The result was an increase in both false positive and false negative results on mammograms.

It's estimated that estrogen therapy would result in an extra 40 false positive readings in every 1,000 women undergoing mammography.

A carefully controlled test has confirmed an old folk belief: Some people can worry themselves into having a heart attack.

Duke University physicians assembled 125 older people who had been diagnosed as having partial blockage of the arteries. They went through some tasks designed to produce mild mental stress — doing mental arithmetic and giving an impromptu public speech, for example — and the reaction of their hearts was measured.

The people who had the greatest reaction in the test situation were twice as likely to have a heart attack over the next four years.



Aerospace Exhibit open to public

Visit the world of air and space this summer by browsing through the McDonnell Douglas Prologue Room. The exhibit displays the company's achievements in aerospace technology since 1920.

Located in the world headquarters building at McDonnell Boulevard and Airport Road, the Prologue Room is open 9 a.m. to 4 p.m. Tuesday through Saturday, June through August. Admission is Free.

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Patients fight FDA over cancer doctor

Just months after Douglas Wagner went on national television and before Congress to praise an unproven drug for obliterating his brain tumor, he got a shock: The cancer was back.

Wagner's trauma illustrates the contention swirling over "antineoplastons."

Are they the wonder drugs that desperate patients insist? Or are patients the victims of a fraud charged in a federal indictment of the drug's creator, Dr. Stanislaw Burzynski?

A 75-count indictment charges that Burzynski made \$40 million selling unproven antineoplastons to 2,500 patients, violating Food and Drug Administration regulations and judges' orders to stop.

"There is a long history of promises of miraculous treatments, and they unfortunately generally don't pan out," said Dr. Richard Klausner, director of the National Cancer Institute.

Burzynski said the government and jealous colleagues unfairly persecuted him.

"Whenever you have a revolutionary who's going to change the science, that's what you're going to get," the Houston doctor said in an

interview. He has a following of dozens of patients who are frustrated by mainstream medicine's failure to win the war against cancer and have begged the government — and protested outside courthouses — to let them use antineoplastons. They say it's their right to choose.

Today, some 350 people take the drugs — including 14-year-old Paul Michaels of Troy, Mich., who told a congressional hearing they shrank his brain tumor to pea-size.

"It's like I'm in a war against cancer and the government keeps trying to take away the only weapon I have," the boy said.

Even Wagner stands by Burzynski. He quit taking antineoplastons only when his brain tumor tripled in size. "We believe that treatment did work with Doug for a year," said his wife, Lola Wagner, of Estacada, Ore.

The government says Burzynski flouted rules designed to protect patients — and made money doing it.

Federal law requires that drugs be subjected to rigorous clinical trials, to prove that they work and to ensure it's not just a coincidence that patients got better. Doctors can't make a profit off experimental drugs, and patients must be told the drugs are unproven.

Burzynski pleaded innocent to the government's charges and faces trial in October. He said he charged patients not

for the drug, but for his medical services.

To stay in practice, he agreed to do FDA-approved research to prove his drugs. Any other patients can use them only with special FDA permission after exhausting other treatments.

Burzynski said antineoplastons work like biochemical switches that "turn off" cancer genes by interrupting the signals for cells to multiply. He claims they also fight AIDS and multiple sclerosis.

He discovered them in human urine, then collected thousands of gallons from prisons and public parks before making it synthetically. One main ingredient in urine is a fatty acid in everyone's body, called phenylacetate or PA. The liver metabolizes PA into a waste product called PAG, another major ingredient.

Biochemist Saul Green has criticized the idea in the Journal of the American Medical Association. If PA and PAG are anticancer agents, "and all the body's PA is collected in the liver and all PAG is excreted in urine, how come we get liver cancer and bladder cancer?" he asks.

The work has also drawn criticism from University of Toronto doctors, who wrote in 1992 that Burzynski "knows very little about cancer ... or else he thinks that we are very stupid and he has tried to hoodwink us." The doctors said Burzynski's best patients frequently relapsed or benefited from other, approved treatments.

The National Cancer Institute found evidence in seven patients of antitumor activity. But the NCI abandoned its own studies on the drug last year, saying Burzynski wouldn't cooperate. He said the NCI wouldn't give patients proper doses.

Today, 16 hospitals are conducting NCI-funded studies of whether liver ingredient — phenylacetate — may indeed fight cancer.

"All I can say at this point is we are encouraged by the preliminary data," said the University of Virginia's Dr. Dvorit Samid.

Associated Press

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One-day trip planned to the south

On Sept. 19, the Granite City Park District will sponsor a one-day trip to southern Illinois. The highlight of the day will be the Buffalo Tro, which is an old Indian custom of cooking steaks over hot coals in a pit. This will be done in Giant City State Park, near Makanda.

As the full meal is being prepared, the legend of the custom will be explained by Doc Abernathy, who will also tell how the tradition was brought to southern Illinois.

Before the dinner, the group will meet a step-on guide in Carbondale, who will explain other sights in the area, with the first stop being at the Hundley House in Carbondale. This is a historic home that has been turned into a gift shop.

Later in the day, dessert will be offered in a 100-year-old mule barn at the Fragrant Fields Herb Farm in Dongola. A tour of the property will explain the herbs grown there and their uses.

The fourth stop of the day will be at the Walton's Lamb Farm in Anna, which is home to several hundred sheep. A tour will include visiting with the lambs and learning about them from their owner and care-taker, Barbara Walton-Thurmont. Lamb pelts and lamb meat will be available for purchase.

The bus will leave Wilson Park ice rink at 7:45 a.m. Sept. 19 and return at approximately 7 p.m.

The trip will go on sale at 8 a.m. Monday, Aug. 26, at the Wilson Park ice rink. A minimum of 35 people will be required in order to make the trip. The cost of \$40 per person, with the entire amount paid on the day of registration, will be charged.

For more information, call the Wilson Park office at 877-3059 or Sue Champion at 451-1212.

Free school supplies offered

Free notebooks and pencils will be given to school children in kindergarten through ninth grade this week. The newly formed Shining Light Missionary Baptist Church will offer the supplies on Friday.

The school supplies will be given out starting at 3 p.m. at Hair of Glory, 925 Madison Ave. in Madison.

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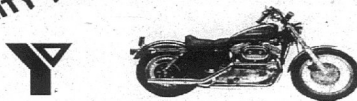
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Journal offers weekly football contest

Attention armchair quarterbacks: If you have a knack for picking winners in pro football games, you can use your talent to win cash in the *Journals' Pignskin Picks* contest. Look for the special page of Pignskin Picks ads in your *Journal* beginning Sunday, Aug. 25. You'll find a list of NFL games for the

following week. Guess the winner of each game, including the Monday night game. The person who guesses the most winners will win \$40; the second-place winner gets \$25. Entries for the first week's contest must be received by 5 p.m. Friday, Aug. 30.

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Co-Director, Arthritis Service

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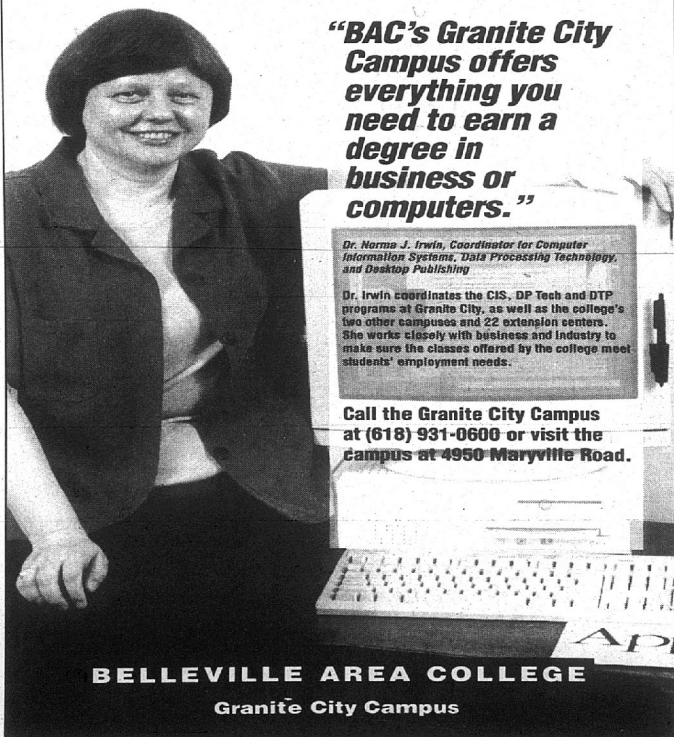
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Briefly

District presenting season's final concert
The Granite City Park District will present the final big band concert for this year's Big Band Concert Series at 7:30 p.m. Thursday, Aug. 22, at Wilson Park, 2901 and State streets in

Granite City. The two-hour concert is free to the public and will feature big band hits made famous by Glenn Miller and his Orchestra, as performed by drummer Stan Fornaszewski and his 14-piece orchestra. Bench seating is provided, and

people are welcome to bring lawn chairs or blankets. In case of rain, concerts are held in the Wilson Park ice rink. The concerts are sponsored by the Granite City Park District and the Metro East Musicians Local 717. For more information, call the park district office at 877-3058.

Post to host

barbecue
The American Legion Post 113 will hold a barbecue beginning at 11 a.m. Saturday, Aug. 17, at

1825 State St. in Granite City. Items available will be pork steak plates for \$4, rib plates for \$6.50, bratwurst plates for \$4, sandwiches for \$2.50, kabob plates for \$4.50 and kabobs for \$3. All plates are served with potato salad and baked beans. Free local delivery of four or more orders will be available by calling 876-2902.

Join St. Mary's

parish picnic
St. Mary's Church, 10th and Alton in Madison, will hold its annual parish picnic Labor Day weekend, Aug. 30 and 31 and Sept. 1.

Featured will be food, booths, refreshments, games, carnival rides and music.

On Friday, a fish fry will be offered. Saturday brings barbecued pork steaks. Sunday will be a chicken dinner from 11:30 a.m. to 4 p.m. Prices are \$6 for adults, \$3 for children ages 6-12 and free for children under 5. Advanced ride tickets are on sale now at St. Mary's Rectory. For more information, call 452-5180.

Fair features

psychic spin
A psychic fair will be held from 10 a.m. to 7 p.m. Sept.

14-15 at the Holiday Inn in Collinsville.

Admission will be \$4.95. The fair will feature psychic readers, clairvoyants, trance channels, tarot and other card readers and palmists. Readings will take 10 to 15 minutes and are offered at \$10 through \$25. Also, vendors will be offering crystals, jewelry, stones, incense and candles. There will be a large selection of New Age books. For more information, call (314) 561-3678.

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What is your favorite movie of all-time? _____
What is your favorite all-time movie comedy? _____
Who is your favorite actor? _____
Who is your favorite actress? _____
Who is your favorite comedian? _____
What is the best book you ever read? _____
What is your favorite subject in school? _____
What is your favorite school activity? _____
What is your favorite type pet? _____
What is your favorite TV show? _____
Who is your favorite local TV personality? _____
Who is your favorite local radio personality? _____
What is your favorite radio station? _____
Who is your favorite cartoon character? _____
Where is your favorite place to buy clothes? _____
What is your favorite brand name to wear on a T-shirt? _____
What is your favorite brand of shoes? _____
What is your favorite brand of jeans? _____
Who is your favorite male singer? _____
Who is your favorite female singer? _____
What is your favorite group? _____
What is your favorite song? _____
What is your favorite Christmas song? _____
Where is your favorite place to go in St. Louis? _____
What is your favorite place to go on vacation? _____
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What is your favorite girl's name? _____
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What is your favorite sport to watch? _____
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Who is your favorite hockey player? _____
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What do you want to be when you grow up? _____



OLD NEWSBOYS DAY

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Oktoberfest Volkssmarch set for Sept. 21

The first Oktoberfest Volkssmarch will be held Sept. 21 in Belleville, in conjunction with the annual two-day Oktoberfest.

The festival, which celebrates Belleville's German heritage, offers authentic German cuisine and entertainment from 11:30 a.m. to 11:30 p.m. Friday, Sept. 20, and from 11 a.m. to 11:30 p.m. Saturday, Sept. 21. Enjoy a true German Oktoberfest atmosphere under the beer tents with food, music and entertainment.

The 5-kilometer (3.1 mile) and 10-kilometer (6.2 mile) walks start at the pavilion located in Hough Park, Third and West C streets in Belleville. Walkers may start between 9 a.m. and 2 p.m. but must be finished by 5 p.m. The trails will take walkers along the completed portion of Belleville's new greenway and through residential areas and city parks. The route is suitable for baby strollers, wagons and wheelchairs with some slight hills.

The award for this year's event is a 3½-inch, multiple-colored, 100 percent embroidered patch featuring Belleville's mascot. Cost of the patch is \$5 if pre-registered, \$6 on the day of the event. A "credit only" stamp will cost \$2.

The Oktoberfest of Belleville Inc. and the Illinois Trekkers Volkssport Club invite everyone to come walk and join in the fun and festivities of the Oktoberfest celebration.

For more information contact Tom at 233-6348.

Births

Lauren Gehling
Keith and Susan Gehling of Granite City have announced the birth of their first child, a daughter.

Lauren Marie Gehling was born at 6:17 p.m. July 12, 1996, at St. Mary's Hospital in Clayton, Mo.

Maternal grandparents are Elmo and Frances Bury. Paternal grandparents are Jewel Gehling and the late Walter Gehling.

Jeremy O'Gara
Melissa Theis and Jeremy O'Gara of Granite City have announced the birth of their first child, a son.

Jeremy James O'Gara was born at 11:47 p.m. on July 14, 1996, at Anderson Hospital and weighed 6 pounds, 15½ ounces.

Maternal grandparents are Kimberly and Mark Theis of Granite City.

Paternal grandparents are Lynette Vaughn of Granite City and Hugh O'Gara of Pochontas.

Mathew Carney
Christopher and Dawn Carney of Granite City have announced the birth of their second child, a son.

Mathew Todd was born at 9:59 a.m. on July 15, 1996, at Anderson Hospital and weighed 7 pounds, 9½ ounces.

Maternal grandparents are Albert and Doris Downs of Granite City.

Paternal grandparents are Doris and Todd Carney of Granite City.

Georgia Downs of Granite City is the great-grandmother.

Mathew joins Morgan, 2½.

Katheryn Henke

Mr. and Mrs. William Henke of Granite City have announced the birth of their second child, a daughter.

Katheryn Breann was born at 11:15 a.m. on July 15, 1996, at Anderson Hospital and weighed 8 pounds, 2 ounces.

Maternal grandparents are Len and Hester Kacy of Holiday Shores, and Harry and Ali Ellsworth of Sorento.

Paternal grandparents are William and Doris Henke of Granite City.

Katheryn joins Alex.

Jordon Padgett
Bobby Foltz and Nancy Padgett of Granite City have announced the birth of their first child, a son.

Jordon Jeffrey Padgett was born at 7:51 p.m. on July 15, 1996, at Anderson Hospital and weighed 6 pounds, 15 ounces.

Maternal grandparents are Robin Dooley, and Jeff and Terry Padgett of Granite City.

Paternal grandparents are Tom and Sherry Foltz of Belleville, and Belinda and Gary Sentil of Collinsville.

Tyler Russell
Krista Embrey and Charles Russell of Granite City have announced the birth of their first child, a son.

Tyler William Russell was born on July 16, 1996, at Anderson Hospital.

Maternal grandparents are Connie and James Embrey of Granite City.

Mabel Johnson of Granite City is the great-grandmother.

Paternal grandparents are

Sharon and Mickey Chamberlain of York, S.C.

Margaret Dudley of Granite City is the great-grandmother.

Kenneth Collins

Kerin and Lemond Collins Jr. of Collinsville have announced the birth of their second child, a son.

Kenneth Lee was born at 12:06 p.m. on July 18, 1996, at Anderson Hospital and weighed 7 pounds, 6 ounces.

Maternal grandparents are James Slayton and Sharon Kugler, both of Granite City.

Paternal grandparents are Lemond Collins Sr. of Granite City and Lorinda Selvo of Glen Carbon.

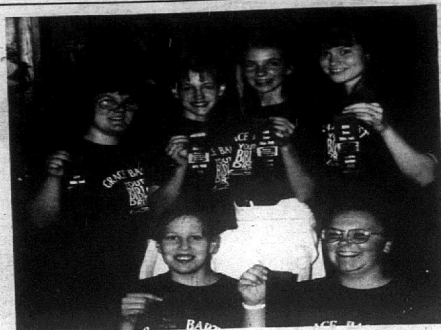
Kenneth joins Nicole, 2.

Edwardsville reunion slated

The committee for the 50th reunion of the Edwardsville High School Class of 1946 is trying to notify the following classmates of the event on Sept. 27-29 in Edwardsville:

Nina Allison Kendall, Arlyn Brase, Maurita Burkhardt, Margaret Butler Redfield, Eileen Hall Jones, Peggy Hawkins, Bob Hawkins, Lois Jones Evans, Richard Kuennen, Louis Manthe, Leroy Reed, Carolyn Schroeder, Camarala Childers and Shirley Whitmire Lollar.

Anyone with information may contact Robert J. Wehling, 614 Bollman Ave., Edwardsville, Ill. 62025 (656-2803) or Phillip Weber at Weber Funeral Home.



Competing were, from left, front row, Jodi Boone and Jessica Clutts; back row, Holly Nail, Leah Gamblin, Shannon Stapleton and Janelle Hanks.

Grace Baptist members compete in Bible drill

The Illinois Baptist State Bible Drill Competition was held May 18 in Chatham.

Shannon Stapleton, representing Grace Baptist Church in Granite City and the Madison County Baptist Association, was the top scorer. She will represent Illinois at a national demonstration in Ridgecrest, N.C., in July.

Also competing and state winners from Grace Baptist Church were Holly Nail, Leah Gamblin, Janelle Hanks, second place; Jodi Boone, third place; and Jessica Clutts.

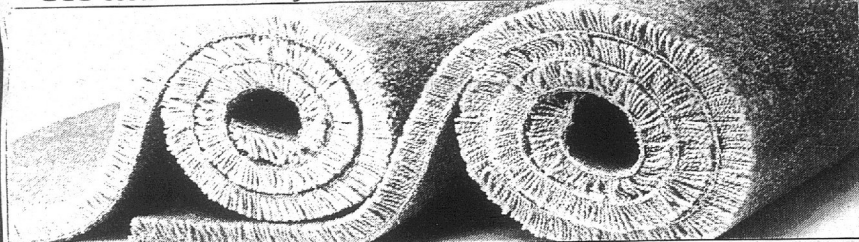
The youth at Grace Baptist Church have been participating in Bible drills for two years and have had the Illinois state winner both years. Gamblin was the 1995 Illinois state winner.



Donation — Charles Mosby, grand knight of the Tri-Cities Knights of Columbus Council 1098, left, presented Erin Tyler a monetary gift. Tyler, a sixth-grade student at Holy Family School, was the first-place winner at the local and regional Knights of Columbus spelling bees.

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Wednesday

Granite City Journal

Sports

August 21, 1996—Page 1B



SWC adds Lincoln, Edwardsville.

Page 2B

Rains wreak havoc

By Karen Vartanian
Staff writer

Steady rains have wreaked havoc on an otherwise exciting Mon-Clair Baseball League postseason.

Friday night, poor weather forced action to be moved from St. Peter and Paul Field in Waterloo to Sauget.

Granite City and Waterloo, which were scheduled to play at 6:30 p.m., did not get under way until nearly 8 p.m. The teams then played through a consistent rain most of the night.

The Valmeyer-East Alton nightcap resembled a West Coast affair. Both teams did not take the field until 10:30, and the game did not conclude until 1 a.m.

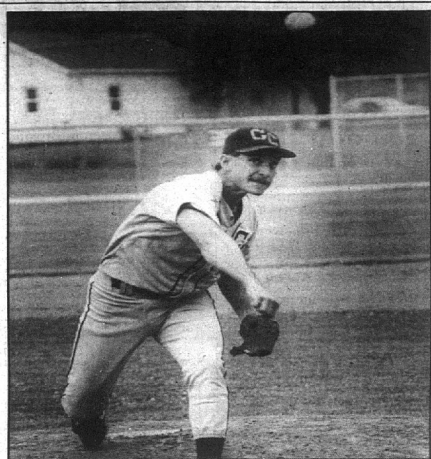
After a relatively spotless day and night of baseball Saturday, Mother Nature again became a factor.

Rains Saturday night and Sunday morning prompted league president Mel Patton to cancel the Waterloo-Valmeyer championship game, scheduled for 2 p.m. It was a decision that did not sit very well with Lakers manager Dennis Pieper.

He and the rest of Valmeyer's squad showed up at St. Peter and Paul Field Sunday and felt the field was playable. "It's sad," Pieper said. "I don't know if we'll play Thursday."

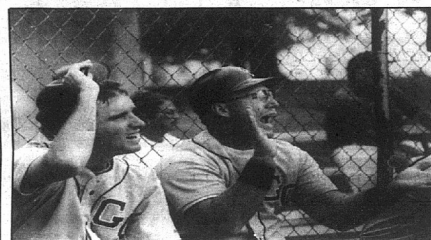
The championship game is scheduled for 7 p.m. Thursday in Waterloo. A Valmeyer win would force a second contest immediately after.

(See RAIN, Page 4B)

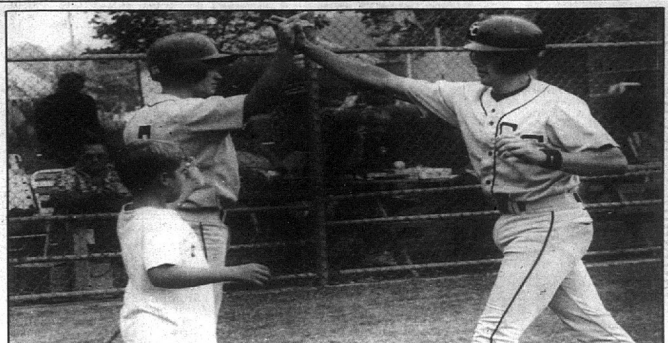


(Photos by PAUL BAILLARGEON)

Losing Mon-Clair pitcher Brian Harshany beamed Valmeyer's Mike McCarthy to open the eighth.



Darin Hendrickson, left, and Daren DePew applaud Wood's home run.



Jason Wood hit a solo homer, giving Granite City a 4-2 lead.

Valmeyer ends Granite City's Mon-Clair reign

By Karen Vartanian
Staff writer

Buoyed by the heroics of Brad Rippelmeyer, Valmeyer ended Granite City's reign as Mon-Clair champions Saturday afternoon in Waterloo.

The Lakers (22-7) outlasted Granite City (18-9) 6-5 in eight innings, but were one out away from being eliminated themselves.

With two men retired in

the top of the seventh and the Lakers trailing 5-3, Rippelmeyer stroked a two-run homer, knotting the game at 5.

One inning later, pinch hitter Jeremiah Bergherger lofted a decisive sacrifice fly, putting Valmeyer ahead for good 6-5.

Craig Hoffmann walked and losing pitcher Brian Harshany beamed Mike McCarthy to open the eighth. Gary Floarke then

sacrificed the runners' into scoring position before Bergherger's run-scoring fly ball.

But it was Rippelmeyer's blast that was the key blow. Usually low-key, Rippelmeyer euphorically circled the bases.

"I think it was about three or four years of frustration in the minor leagues all coming out at once," Rippelmeyer said. "And Granite City." (See GRANITE, Page 4B)

Legion baseball

Mon-Clair League Playoffs

Single elimination
Saturday, Aug. 10
Game 1: Waterloo 5, Fairview Heights 3
Game 2: Granite City 10, Sauget 6
Game 3: East Alton 8, O'Fallon 7
Game 4: Valmeyer 21, Millstadt 17

Double elimination
Friday, Aug. 16
at Sauget
Game 5: Waterloo 9, Granite City 5
Game 6: East Alton 8, Valmeyer 5

Saturday, Aug. 17
at Waterloo
Game 7: Valmeyer 6, Granite City 5 (8 Inn.)
Game 8: Waterloo 6, East Alton 5
Game 9: Valmeyer 5, East Alton 4

Finals
Thursday, Aug. 22
at Waterloo
Game 10: Waterloo vs. Valmeyer, 7 p.m.
Game 11: Winner Game 10 vs. Loser Game 10, if necessary

NHSF passes new rules

The National High School Federation, the governing body of high school sports in the United States, has passed specific rules changes in basketball which will come into

effect this winter. The Illinois High School Association is a member of the National Federation.

(See RULES, Page 4B)

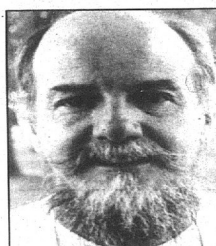
GCHS starts cross country with new coach

By Brian L. Jones
Correspondent

Granite City High School began practice Monday with a new head cross country coach for the first time in 18 years.

But the experience was no major transition for the gathering party. New coach Tom Haefner, 52, is different only in title to the more than 20 boys and girls who reported for the 1996 season. Haefner has been with GCHS since 1984, when he and former head coach Dave McClain began running the cross country program together.

Haefner was the assistant who worked most frequently with the girls and with both freshman-sophomore teams. He also had been an assistant coach to Pete Robertson at the former North High School in 1982 and 1983. McClain, 49, stepped aside last November, having long sought to phase himself out of the picture after resigning as head track coach in 1994. Gene Briggs has coached track since then.



Tom Haefner

"He's always had a great rapport with the kids and I know he'll do a fine job," McClain said of Haefner, who was appointed by the District 9 school board on Feb. 14. "We really never divided the workouts, so Tom always had a lot of responsibility. It shouldn't

be a very difficult transition for him at all."

In fact, Haefner plans to ease the passage by lifting the burden of expectations from his runners. It is tempting to set much higher standards under a new regime, but Haefner wants the pursuit of victory to be a gradual process. The Warriors are not seeking necessarily to win a regional title after placing only sixth (girls) and seventh (boys) last year at the Belleville West Regional.

"I want it to be fun for the kids and I want them to see how much they can improve," Haefner said. "At the same time, as they begin to enjoy the sport and have a good image of themselves, they will get better. We'll work on form and speed. We'll challenge them to see how far they can push themselves as the total person. But we never want them to lose sight of enjoying what they're doing."

Eventually, Haefner would like to rebuild the Warriors to their competitive level from the turn of the decade. The Lady Warriors won two Southwestern Conference titles in the late 1980's behind standout runners Lora and Lisa Wiser and Sheila Noel. Former all-conference runners Lance Reynolds, Brian Reed and Justin Stallings led the GCHS boys to their last SWC title in 1991.

The program has been stagnant since then, as McClain and Haefner battled to recruit better athletes. The challenge became increasingly difficult against the backdrop of volleyball, football and boys soccer — three of the most popular (fall) sports on the GCHS campus.

"We're going to work on numbers this year, because recruiting is a big part of being the head coach," Haefner said. "We're going to focus on enthusiasm and dedication. Once we put all of that together, I'm very confident we're going to have a good team. We'll be competitive and that's another goal. We expect our kids to try hard and we want

(See HAEFNER, Page 4B)

Caring Program for Children WalkFest '96

Walk with the Redbirds

Be a part of the fun! Join the Cardinals in helping provide preventive health care coverage to children who need it the most. Stop out for the 5th Annual WalkFest '96 to raise money for the Caring Program for Children. The fun begins on Saturday, September 7. Registration begins at 7:30 a.m. The Walk begins at 9.

Simply fill out the registration form to the right and mail it to: The Caring Program for Children, 1831 Chestnut Street, St. Louis, MO 63103. Or call Angela Parker at 923-4763 for more information. We'll see you on the streets of St. Louis!

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In consideration of the Caring Program's objectives, and in consideration of you permitting me to participate in your walk, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all claims against you, the municipalities through which the walk or race pass, and any other persons connected with the walk, their heirs, executors, administrators, successors, and assigns for any and all injuries which I may suffer while participating in the walk or race.

IMPORTANT: Walkers under age 18 must have this application signed by a parent or guardian.

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Cardinals Suburban Journals Alliance Blue Cross BlueShield PRO TEM'S

Cardinals Team of the Week

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The Granite City Elks U-17 boys soccer team took first place in the Rockford Watermelon Tournament this summer. Pictured front row from left are Jonas Janek, Corey Wallace, Jeremy Smith, Josh Hickam, Dane Bauer and Jeff Modrusic. Pictured in the back row are coach Bill Hency, Dennis Holland, Andrew Oney, Lucas Geggus, Alex Bausch, Mason Czar, Eric Edwards, Scott Mills and coach Jeb Blasingame. Not pictured: Ben Starko.

Five high schools to join new Hockey Association

By Brian Bretsch
and Rob Raphael
Staff writers

Five high schools from St. Clair County will join the 1-year-old Mississippi Valley Conference Hockey Association next winter.

Belleville East, Belleville West, Althoff, Cahokia and O'Fallon were all accepted by MVCHA board members at a meeting this summer at the East Alton Ice Arena. The five schools will form the new Southern Division in the league next year.

While ice hockey is not an officially sanctioned Illinois High School Association sport, a surge in popularity spawned the newly formed MVCHA this past winter. Edwardsville, Roxana, Alton, Alton Marquette, Civic Memorial and Wood River all had club teams in the league. Those five teams will now form the Northern Division.

Edwardsville High won the first-ever MVCHA playoff title last March 17, defeating Roxana 6-1.

Edwardsville High club coach and MVCHA board member Dennis Gerling is delighted to see other schools take an interest in forming club teams.

"It's great. I'm looking forward to expanding this," Gerling said. "What we really need now is a place to play. (The Southern teams) brought up a

proposal up for the new rink that is supposedly going up in Fairview Heights and that is pretty much a done deal.

"That will help ease some of the (ice) pressure. It's definitely a seller's market for ice."

The proposed ice rink in Fairview Heights would not be ready in time for the 1996-97 season. In the meantime, all the Southern teams would have to divide up ice time at the rink in Cahokia. The Northern Division teams will practice and play at the East Alton location.

The original six teams played under rave reviews this season. Wood River was the only team of the six not to have a varsity club team. The Oilers played a JV schedule. Wood River will play a varsity schedule next season.

As the word spread of the MVCHA, Gerling said other schools began expressing their interest in joining the league.

"These five schools came to us (a few months) ago with everything in place and were ready to go," Gerling said.

"We voted in those five schools from down south."

The talk around the league is that Granite City, a member of the Mid-States Hockey Association for several years, may be interested in joining the league. But several opinions would have to change before that would take place.

"With all due respect to

those teams, I think it would be a step down from where we are now," said Granite City assistant coach Will Connolly recently. "We're pretty happy where we're at."

The Hockey Warriors, who finished second in the Mid-States Tier II last winter, will move up to that league's Tier I next season.

Gerling said there has also been strong talk about a possible club team from Collinsville High School. However, Gerling said there was no one representing the school at the meeting earlier this year.

"Collinsville is still up in the air," Gerling said. "They kind of left the ball in their court. Collinsville needs to get more organized. If they have their house in order, then we'll let them come in. We'll have to decide whether to put them in the Southern Division or the Northern Division."

"What we can offer Collinsville is game ice, but no practice ice. They would have to work something out in Cahokia (for practice ice). We need to hear from them."

Gerling is hoping Collinsville does join the league.

"I'm anxious for Collinsville to get organized," Gerling said. "I know they could put a good product on the ice. I coached a bunch of kids from Collinsville in Granite City for years. I know they could put a very competitive team on the ice."

Two teams join league

By Brian L. Jones
Correspondent

The wait is over for the new and improved Southwestern Conference. Edwardsville and East St. Louis Lincoln joined the former six-team league with the start of fall prep sports practices Monday. Perhaps the most intriguing questions will be answered in seven months near the end of the 1996-97 prep basketball season.

Is the SWC now the best boys basketball conference in Illinois? Will Edwardsville and Lincoln add to the mounting threat against Collinsville's 16-year reign as the dominant conference powerhouse?

"It's possibly one of the best conferences in the state now," said Cahokia coach Bob Bone. "I can't imagine any being much better than that."

Think about it. Belleville East (22-7), Edwardsville (19-9), Collinsville (22-6) and Alton (22-7) were the Final Four teams in the Class AA Collinsville Sectional last year. Lincoln (15-9) didn't quite make it, but the Tigers are the only team in Illinois history to win three consecutive Class AA state titles (from 1987-89). Now all five are in the same conference.

"It's going to be fun, that's for sure," said Edwardsville coach Mike Waldo, whose Tigers lost to Belleville East in the sectional title game last season.

Collinsville remains the SWC linchpin, after winning its 16th consecutive conference title last year with an 8-2 record. The Cahokians have won nine of the last 10 conference titles in 11 seasons under Bone, whose composite record is 96-14 in 110 league games since 1986-87. Belleville East finished second last year at 6-3.

But the Lancers were the No. 1 area team by reaching the third quarterfinals under coach Doug McCrary. Over the 10 previous years, local representatives at the Carbondale Super-Sectional were Lincoln (1986-90), Collinsville (1991-92), Edwardsville (1993), Collinsville (1994) and Edwardsville (1995). Notice any non-SWC teams? The last was Cahokia in 1985.

"That was an amazing run Lincoln made winning three straight state championships and then finishing third the fourth time up there (in 1990)," Bone said. "Adding a program of that caliber only adds to the prestige of the conference."

The SWC coaching fraternity also becomes smaller. Lincoln's Bennie Lewis should get his 500th win this season. He is 487-167 in 23 years, including a four state title from 1982. Bone is 230-84 at Collinsville.

"If there is a negative view it's the fact that we have to play 14 conference games now, which leaves us only four non-conference games," Bone said. "We put Edwardsville on the schedule twice the year before last. But for this year, we had to drop the Centralia game and the Carbondale game for two more conference games."

Edwardsville has dropped out of the Collinsville-Schnucks Holiday Classic, where it also knocked heads over the years with Collinsville, Belleville East, Lincoln and Granite City. EHS has moved to the Charleston Tournament and will be replaced at Collinsville by Chicago Crane.

"We're already playing those conference teams twice, so we might as well play some different tournament schools," Waldo said.

And, by the way, the SWC has some other pretty good

programs, too. Alton and Belleville West (13-13) tied for third last year at 6-4. They are always competitive under respective coaches Ron Smith and Bill Schmidt, whose Maroons last year produced the Metro East Player of the Year in Roy King. King is gone, but West returns Joe Glauber (6-7), David Miller (6-5) and guard Brian Swift. Alton returns its two-time scoring leader in Marlon Crawford (6-4), also the league assists leader last season. Granite City (10-16) and East St. Louis (5-19) went 2-7 and 1-9, respectively, but with very young teams on the upswing. GCHS returns its top two scorers in senior Ray Smith (6-5) and junior Dustin Brewer (6-5), and is considered a definite sleeper. East Side, the last team other than Collinsville to win the SWC (in 1992-93), returns four starters.

"You're not going to have any nights off playing in this conference," said Bone, whose young, rebuilding team finished second at the Snapple Summer Slam Tournament in July.

Also the CHS athletic director, Bone has a greater appreciation for the larger picture. Lincoln, for example, brings a girls track program that won 14 state titles between 1978 and 1993. Edwardsville (21-8) and Lincoln are traditional powers in girls basketball. Three of the Final Four sectional basketball teams in June were Belleville East (24-10), Edwardsville (31-5) and Collinsville (27-5).

"Basketball is the focal point, but I think it's going to add a lot to the conference in general," Bone said.

Edwardsville and Lincoln obviously have very good football programs and both schools are very competitive in girls sports. It's going to be beneficial to everybody."

Mollet victorious at Gateway

Allen Mollet of Granite City continues to be one of the dominant racers at Gateway International. Mollet won his first place in the Pro Division on Aug. 11, putting him first in overall points.

Mollet's 673 points puts him 10 ahead of Tom Robinson of Fairview Heights, who placed 10th in the Pro Division races on Sunday.

Ricky Thomas of Arnold, Mo. placed second Sunday, followed by Jim Young of Cahokia. Tim Haefner of Col-

linsville was fourth, and Don Rauch of Ferguson, Mo., placed fifth.

Jeff Rogers of Collinsville took top honors in the Super Pro Division, with a pair of Spanish Lake, Mo., residents — Pete Jones and Doug Graf — coming in second and third.

Although Mollet did not place in the Super Pro event Sunday, he still sits in second place in that overall points race, trailing Graf by just eight points.

Tony Atchison of Greenville, Ill., placed fourth in the Super Pro, followed by Mike Crain of Pacific, Mo.

In the Street Division, Mike Schreiber of Alton took first place honors, followed by Randy Elliott of Imperial, Mo., and Ron Hunt of St. Louis and Bob Lohr of Edwardsville.

In the Pro Bike Division, Dave Heimbach of Moscow Mills, Mo., was first, with Russ Shuman of Imperial placing second.

Golf

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Player	Town	Score
Todd Rodemich	Quincy	74
Brad Dunsen	Winfield	81
Scott Carl	Quincy	81
Jason Toader	Petrol	82
Nick Kennon	Belleville	83
Denny Johnson	Pestus	83
Drent Bayer		

Jay Suggs	St. Louis	84
Chris Schymanski	St. Louis	85
Gary Pomeroy	St. Louis	85
Chris Jeffers	Springfield	85
Rob Cole	St. Louis	89

Player	Town	Score
Chris Schymanski	St. Louis	62
John Anderson III	St. Louis	62
Adam Walton	L. St. Louis	62
Jason Fulton	St. Louis	67
Ryan Quinn	Du Quoin	67
	Chertok	90

Vince Cheval	St. Louis	98
Mike Ruemmler	Mt. Vernon	100

Player	Town	Score
Jennifer Lotz	St. Louis	80
Lindsay Herpelt	Mexico	81
Melissa Cantrell	Salem	83

Player	Town	Score
Jeffrey Shurt	Springfield	90

*Qualified for national tournament in Florida

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Waterloo holds off Clippers 9-5

By Rob Raphael
Staff writer

A contest of talk became a contest on the field Friday night, and the Waterloo Buds took a big step in claiming the Ken-Clar League championship, posting a 9-5 win over the Granite City Clippers.

The two archrivals talked a good game during the week preceding the second round of the league playoffs, but when the two met on the field, it was the Buds that did more talking with the bats.

The game was moved to Saugeit Field when heavy rains struck the Waterloo area Friday evening, and the first game didn't begin until nearly 8 p.m.

Valmeyer was scheduled to play East Alton in the nightcap, but more rains hit Saugeit about 10 p.m., and the odds of that game being played Friday looked slim.

If that game was postponed, it was to have been played Saturday morning at Waterloo, pushing back the start of the other scheduled games.

"I don't know if this game will be played or not

tonight," said league president Mel Patton after the Granite City-Waterloo game. "If not, we'll play it (Saturday) morning, and that would mean the second game would likely not start at 3:30."

That 3:30 p.m. game was to have been next up for the Clippers (18-8), who were in danger of losing their championship. Granite City needed to win twice on Saturday and twice on Sunday in order to capture its fourth title in five years.

Meanwhile, the Buds (21-3) moved into the winner's bracket in Saturday's scheduled late game, against the winner of the East Alton-Valmeyer affair.

"It's not over, that's all I can say," said Clippers player-manager Daren DePew.

Waterloo manager Vern Moehrs agreed.

"There's a lot of baseball left to play, but we certainly put ourselves in a good position tonight," he said.

The bitter rivals played until the sixth inning, after Granite City starter Darin Hendrickson was knocked out of the game.

Hendrickson and Buds first baseman Mike Wirth got

into a verbal battle, and after exchanges by both benches the teams cooled down.

It was the second consecutive poor outing for Hendrickson, who dominated the league all season. He didn't have great stuff against Saugeit last weekend, and the Buds seemed to have no trouble solving him Friday.

Waterloo amassed 12 hits on the evening, including a home run by Neil Fiala that clinched the victory in the sixth and knocked out Hendrickson.

The Clippers had eight hits on the night off Waterloo pitching, but only one extra-base hit — a clutch three-run homer by John Spotanski in the fifth inning that tied the score at 5.

Proffer after Matzenbacher had pitched into the fifth, but he was replaced by Cole Proffer after Matzenbacher had allowed hits to Jamie Hogan and John Moed.

Spotanski greeted Proffer with a shot that went just over the 320-foot mark in right field.

But with new life, the Clippers couldn't hold the Buds in check.

Waterloo scored three times in the fifth, with Clay Moehrs providing a big one-out double to chase home a pair of runs. Then Fiala connected in the sixth to seal the win.

The Buds got to Hendrickson initially in the second inning, when they played five runs on five hits.

Jim Anderson stroked a two-run double, then John Baxmeyer drove home a pair with a long triple into the left-center field gap.

Fiala, who had three hits on the night, followed with an RBI single.

Jamie Hogan was the Clippers' leading hitter with three hits, and he was a big part of the Clippers' comeback in the third inning.

Jeff Stephens singled, and went to third on a beautifully executed hit-and-run play with Hogan driving the ball past the vacated second-base position.

Stephens then scored on a wild pitch, with Hogan running all the way to third. When Wirth tried to gun Hogan out at third, he threw wildly, and Hogan scored to make it 5-2.

"We're down, but we're not out," DePew said.

Sports shorts

GCSC teams forming
Open registration is now being held for both boys and girls 5 years of age and older who wish to join the Granite City Soccer Club. The cost to register is \$30 per child.

For more information, or to register, call 878-9000.

Shanahan Classic
Members of the St. Louis Blues will take on the Blues alumni in the fifth annual St. Louis University/Brendan Shanahan Classic, a charity softball game to be held 3 p.m. Monday, Sept. 2 at the Billiken Sports Complex.

The game, which will benefit

Alzheimer's disease research, is sponsored by the division of geriatric psychiatry at the St. Louis University School of Medicine. Blues forward Tony Twist will serve as honorary chairman.

Gates open at 2 p.m. Reserved tickets are \$11.25 for adults and \$6 for children under 12. Seats are available for refreshments, autograph signings, and an auction and a raffle.

To purchase tickets, call Dialtix at (314) 968-1800. To inquire about serving as a volunteer, call (314) 977-8014.

Ladies' senior softball
A local women's senior softball team is looking for women

age 50 and over who are interested in playing in the Illinois Senior Olympics in September in Springfield. The team is also looking for players interested in playing an exhibition game Oct. 5 as part of the Granite City Centennial Celebration.

Interested players are asked to call Eva Horn at 797-6558 or Betty Arbiter at 878-9121 as soon as possible.

Coolidge football
The first football practice for seventh- and eighth-graders at Coolidge Middle School will be held at 7:30 a.m. Monday, Aug. 26. Athletes must bring a copy of a recent physical examination and a completed parent permission form to the first practice.

Running shoes, shirt and shorts will be needed for the first three days of practice. Parent permission forms will be available after Aug. 19 in the main office at Coolidge.

Middle School volleyball
Coolidge and Grigsby Middle School volleyball practices will begin at 9 a.m. Tuesday, Aug. 27 at the two respective schools. Girls interested in playing must have a current physical and a signed parent permission form before they can practice.

Practices will be held from 9 a.m. until noon Aug. 27-29. Practice will begin at 2:30 p.m. Fri-

day, Aug. 30. Parent permission forms and other information may be obtained at the school offices after Aug. 19. The coaches at Coolidge are Michelle Zukas and Cheryl Petriolo, and the Grigsby coaches are Connie King and Judy Collins.

Flag football league
The fifth annual Budweiser Flag Football League is now forming. Competitive and recreation leagues will be held, with prizes and paid berths to the National Championships awarded in both leagues.

Play will begin in September in Belleville. Space is limited and the leagues are forming quickly. For more information, call 277-4090.

Flag football program
The Granite City Park District is organizing its Flag Football Program. The league will play on Monday nights and Saturday nights at George Sykes Field in Wilson Park.

The league is for boys in grades 3-6. Registration is being taken at the Wilson Park office. The fees for the program are \$22 for district residents and \$30 for non-residents. Helmets and shoulder pads are furnished by the Park District. For more information, call the park office at 877-3059.

Racquet club presents junior tennis program

Kings Point Racquet Club in Belleville has announced its junior tennis program schedule for 1996-97. It features four levels of play:

— Little star players (ages 4-8): these classes will be one hour once a week. Children will have an introduction to tennis with fun and games, which will concentrate on hand-eye coordination, how to handle a racket and the basic tennis strokes. The cost is \$56 for seven weeks and \$96 for 12 weeks.

— Junior development players (ages 9-13): students will meet once a week for 1½ hours. They will work on full court stroke mechanics and serves with concentration on half-court consistency drills. This includes ground strokes, serves, volleys, singles and doubles positioning during play and learning to keep score. The cost is \$84 for seven weeks and \$144 for 12 weeks.

— Junior championship players (ages 14-18): students will meet once a week for 1½ hours. Emphasis will be on ground strokes and volleys with control and consistency, short and deep volleys and serves with control. Players will learn basic fundamentals of lobs, drop shots, approach

shots and overheads. Basic doubles strategy will be covered. The cost is \$94 for seven weeks and \$154 for 12 weeks.

Junior elite (tournament level players): will meet a total of two to three hours a week. Students will be trained to use topspin and slice ground strokes while maintaining control and consistency in their game. Special attention will be given to volleys, approach shots and overheads with regard to match play, as well as perfecting lobs and drop shots. The fundamentals of topspin, slice and flat serve and when to use them will be taught. The importance of fitness training will be stressed. The cost is \$175 for seven weeks and \$295 for 12 weeks.

Players in the junior elite and junior championship level are eligible for a players pass. This will entitle them to have free walk-on court times until 6 p.m. Monday through Saturday. All courts may be reserved with this pass.

Sessions are Sept. 16 to Nov. 2, Nov. 11 to Feb. 22 and March 3 to April 19. Application deadlines, respectively are Sept. 8, Nov. 3 and Feb. 25. Names submitted after the deadline will be marked "late" and put on a waiting list.

Broadcasters reunite

Two former Belleville sports broadcasters have reunited to bring back radio coverage of local sporting events in the Metro East.

Dave Bollone and Joe May will team up to initially provide coverage of high school football as well as the inaugural season of McKendree College football. May will serve as studio anchorman and report on all high school and college games, while Bollone will be the play-by-play announcer of a schedule of games to be carried live on Illinois' own 880 AM, WINU radio.

The sports programs will be produced by DBS Sports, a company formed recently by Bollone. Live play-by-play coverage this season will feature key football games of the three Belleville high schools as well as the McKendree Bearcats.

The season will begin the week of Aug. 30 with a Friday night game, O'Fallon at Belleville West, and a Saturday night game at Illinois State University in Normal, featuring Belleville East against Moline.

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839A	'94 Chevy Truck	Work Truck	C1500	Blue	23,648	13	\$11,395	\$10,800
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Rules

(Continued from Page 1B)

Among eight rules changes approved the federation was canceling free throws when double technical fouls or simultaneous technical fouls occur. The changes were voted on by the Basketball Rules Committee at the annual meeting in Kansas City, Mo. in March.

Beginning with the 1996-97 season, when a double technical foul by opponents occurs, no free throw are awarded and play resumes with an alternating possession throw-in at the division line.

"The committee made this

change in an effort to reduce free-throw attempts and to make the rule similar to the previous rule on double personal fouls," said Rick Walkow, chairman of the Basketball Rules Committee. "It will be easier for officials because in all cases, the penalties would simply wipe out and go to alternating possession, and they would not shoot the free throws."

In an effort to provide specific coverage for the warning and penalty, the rules were revised to stipulate that a team shall receive an official warning for delay for interfering with the ball after a goal is

scored, and that a technical foul will be charged to a team if it does it again after a warning.

"This situation in which a player from the opposing team will grab or bat the ball has been in the game for a long time," Walkow said. "Prior to this time, officials have been giving a warning, but the rules had not been specific to making it an official warning for delay."

"Now we have an official warning, and it will result in a technical foul. Each team is allowed one warning per game for this specific delay."

enth inning before the Buds pushed across two for a 12-11 victory.

"I feel our team is as good as anybody," Pieper said. "We are very comparative with the four teams that were in the final four. And we're very competitive."

ONE AREA that concerned Pieper heading into the weekend was pitching depth. He had to use six pitchers in a 21-17 over Millstadt on Aug. 10. But Pieper only rushed five

pitchers to the mound all weekend. Included in the stretch was a complete-game performance by Mike Vogt against Granite City.

"Our pitching has been a big plus," Pieper said. "The pitching has done an excellent job. It has really kept us in the game, and everyone has done well."

The Lakers have also made a drastic improvement defensively.

Granite

(Continued from Page 1B)

City is a big rival. They have some guys that talk a lot during the game. If the homer was against anyone else, it would not have been as big of a deal."

Rippelmeyer also made a defensive gem in the eighth. Starter and winner Mike Vogt plunked leadoff hitter Tim Hogan. Jeff Stephens sacrificed Hogan to second, and Hogan promptly swiped third.

With the infield drawn in, Jamie Hogan grounded to Rippelmeyer at short. Rippelmeyer fired to McCarthy, who withstood a major collision with Tim Hogan, and retired the Clippers' leadoff man for the second out of the inning.

Vogt then induced John Moad to fly out, ending Granite City's season and its attempt for a second consecutive Mon-Clair title.

"It was do-or-die at the plate," Rippelmeyer said. "It was bang-bang. But Mike caught and hung onto the ball. There were lots of big plays today."

Rippelmeyer was not the only Lakers' hero. Vogt fired a complete game, scattering nine hits and five runs. Perhaps just as important, the righthander yielded just four safeties over the final five frames.

"Mike struggled early," Valmeyer manager Dennis Pieper said. "He gave up two hits in the first and four in the fourth. But after that, he settled down. He walked and hit a couple. But he was able to throw ground balls."

In addition to Rippelmeyer's eighth-inning play, Fioarke saved a run in the fifth.

With a man at third and two out, Granite City player-manager Daren DePew hit a grounder that headed into center field.

But Fioarke ranged far to his left, and from the outfield grass he retired DePew at first, keeping the score 4-2. "That was an outstanding play," Pieper said.

Haefner

(Continued from Page 1B)

to do well in the Southwestern Conference."

Haefner has helped himself in the teaching phase by selecting Paul Greeves, the Grigsby Junior High track coach, as his cross country assistant. Both men are active distance runners; Greeves even runs an occasional marathon. Haefner competed this year in the St. Louis Memorial Day 10K Run.

Haefner is a St. Louis native and resident, and a former captain of the cross country team at Bishop Du Bourg High School, where he graduated in

1967. He later ran for one year at Harris-Stowe Teachers College. He has been an elementary school teacher in District 9 since 1968.

"I enjoyed working with Dave McClain, who is a personal friend," Haefner said. "So I never had any aspirations of leaving Granite City to coach elsewhere. I enjoy working with student athletes and cross country for me is fun. This is my opportunity now to be more of an influence on these kids. I want them to be good athletes, but also good students and citizens. Those are the three areas we're building the program around."

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P185/70R14	—	—	58
P195/75R14	43	48	57
P195/70R14	—	—	59
P205/75R14	45	51	59
P205/70R14	—	—	60
P215/75R14	—	55	63
P205/75R15	46	54	61
P205/70R15	—	—	62
P215/75R15	47	57	63
P215/70R15	—	—	65
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30X12.50R15/6	—	133
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DEPRESSED?

If you or someone you care about is
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services. Memorial's Mental Health and
Counseling Services provides compre-
hensive outpatient services that can
offer help.

Signs and Symptoms of Depression

- Change in sleeping pattern
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- Change in appetite
- Feeling of helplessness
- Inability to concentrate
- Thoughts of death or suicide

Memorial's Mental Health and Counseling
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"Weight" A Minute

Memorial's Project Trim can help
you re-think your eating habits.

Program:

"Project Trim" is an eight-week weight
loss program developed by
the St. Louis Dietetic Association.
This program is based on behavior
modification with a specific plan and
goal for each participant. An exercise
program also is available.

Date and Time:

Class begins Thursday,
September 5, 1996
6:30 to 8 p.m.

Cost:

\$50.00 class only
\$80.00 with exercise component *

* The exercise program includes a
TWO-MONTH MEMBERSHIP TO
BELLEVILLE HEALTH AND SPORTS
CENTER. An introductory class will
be held.

Place:

"Project Trim" is held in Memorial
Hospital's auditorium.

The exercise program is held at
Belleville Health and Sports Center,
1001 S. 74th Street, Belleville

Information:

Class size is limited. To register, call
Memorial's Community Relations
Department at (618) 257-5649.



**MEMORIAL
HOSPITAL**
4500 Memorial Drive
Belleville, Illinois 62226



At left, Jan Zuke, Granite
City Campus librarian and
sponsor of Phi Theta Kappa,
pays tribute to the honor
society officers: from left,
Secretary Carolyn Ryterski;
Vice President Carrie Large;
and President Linda Barnes,
all of Granite City. Barnes
was honored for Outstanding
Student Leadership and
accepted into Who's Who
Among Students in Ameri-
can Junior Colleges.



Above, BAC President
Joseph Cipil, left, presents a
plaque to Brenda Padgett of
Granite City in recognition of
becoming a member of
Who's Who in American
Junior Colleges. Above
right, Delores Harris, BAC
Word Processing instructor,
left, presents Joyce Carr of
Granite City with the award
for Outstanding Student in
Word Processing.



Honors — Belleville Area College recently held its annual Student Recognition Ceremony at the Belleville Campus to honor students for their achievements. More than 150 students were honored for their academic, athletic or leadership abilities at the ceremony. Above, Diane Copeland, coordinator of Granite City Campus Activities, right, presents the awards to Outstanding Student Leadership at the Granite City Campus to Amy Hicks, left, and Linda Barnes, both of Granite City.

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Hey, kids! Send us your...

Telegram to Ozzie
MUST BE RECEIVED BY SEPTEMBER 6!

On Sunday, September 29, the St. Louis Cardinals and the Suburban Journals will honor Ozzie Smith with a special tribute from the kids of St. Louis. Kids, if you are between the ages of 5 and 18, here's your chance to let Ozzie know how much he means to you. Send him your message in this special Journal telegram.

Here's what you need to do:

1. Write your message in the form at right. (25 words or less)
2. Mail telegram to: Telegram to Ozzie
Suburban Journals
1714 Deer Tracks Trail
St. Louis, MO 63131

Please send my telegram to Ozzie.

Name _____

Age _____

Ozzie,

Remember, you must be between the ages of 5 and 18 to send a telegram to Ozzie Smith, and your telegram must be received by Friday, September 6, 1996.
Also, please note that messages will be published on a space available basis only.

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-3000.

This calendar runs in every Wednesday's Journal.

Wednesday, Aug. 21

BPW (Business and Professional Women) meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., followed by a program at 7:15. Open to the public. For more information call 452-3391 or 451-6914.

Disabled American Vets Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Pontoon Beach Seniors bingo, noon, 3910 Illinois 111, Pontoon Beach.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 736-3019.

Singles Connection, 7 p.m. at Edwardsville Inn's for September planning meeting and reception for prospective members. Call Darwin at 656-8601 for more information.

Al-Anon, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2429 for more information.

Alcoholics Anonymous, 11

a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Divorce/Separated Ministry, 7-8:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Madison Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, Aug. 22

Church Women United will meet at 10 a.m. at the Holy Family Community Center.

Parents Without Partners of Madison County, 7 p.m., Namecki United Methodist Church, 1900 Pontoon Road, Granite City. For more information, call 931-0157.

Singles Connection, 6:30 p.m., for volleyball at Center Grove Park, Edwardsville. Call Sandy at 344-1993 for more information.

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Bemis Chiropractor, 3361 Fehling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to

noon. Call 876-2273 for more information.

Chouteau Township Seniors, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Eagle Park Acre Seniors meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-4351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Granite City Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Namecki Road, Granite City, 931-0443.

Friday, Aug. 23

Granite Chapter 650 Order of the Eastern Star meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group, Call Curt Williams, 877-5172, for information.

Singles Connection, 7 p.m., Michael's in Highland. Call Margie at 288-9748 for more information.

Al-Anon meets at 8 p.m. in the Milonski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Place Club for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety). A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Aug. 24

Al-Anon, Adult Children Providence, 2103 Iowa St., 10 a.m. Park in rear. No smoking, 452-8596.

Madison County Humane Society will hold an Adopt-A-

Pet Day, noon to 4 p.m., O'Fallon PetsMart.

Quad City Youth Fellowship, 2227 Cleveland, 7 p.m., 931-3490 or 877-4848.

Singles Connection, dinner at Rizzuto's on the Hill, Car pool at 5 p.m. from Collinsville Kmart. Call Darwin at 656-8601 for more information.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., Wellness Center, 2103 Iowa, Granite City, 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Aug. 25

Aces (Association for Children for the Enforcement of Support) St. Clair County and Metro East chapters, 7 to 8:30 p.m., Shoney's Restaurant, 10 Ludwig Drive, Fairview Heights. For more information, call 1 (800) 537-7072.

Alcoholics Anonymous, 1:30

p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

MUSIC (Midwestern United States Imperial Club) will hold its regular meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-2405.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Singles Connection, winery tour in DeLancey, Mo. Meet at noon at Collinsville Kmart. Call Doris at 887-4506 for more information.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Namecki Bingo Center. Also included will be color raffle, 50/50 drawing free games and other raffles.

Monday, Aug. 26

tion, call 877-7517 or (314) 776-8229.

TOPS 1699, (Take Off Pounds Sensibly) will meet at

(See CALENDAR, Page 7B)

ANXIETY

Clinical Research Associates of Edwardsville needs volunteers, age 18 and over, with Generalized Anxiety Disorder to participate in a research study comparing an investigational drug with placebo. If you feel anxious but don't know if it's serious enough to be considered for a study, please give us a call. The symptoms include:

Excessive or unrealistic worry
Difficulty sleeping
Edginess
Perspiring
Dry mouth
Diarrhea
Fearfulness
Irritability
Fatigue

Shakiness/trembling
Startle easily
Restlessness
Racing heart
Dizziness
Shortness of breath
Difficulty concentrating
Impatience
Muscle tension

If you have three or more of these symptoms you may qualify for a study. Suitable volunteers will receive a physical exam, EKG, blood and urine analysis, weekly visits with a psychiatrist and study medication at no charge. If interested, please call Mary, (618) 659-0292 Monday through Friday.

CLINICAL RESEARCH ASSOCIATES OF EDWARDSVILLE

Lynn A. Cunningham, M.D., Director of Clinical Research
St. Elizabeth Health Center Building
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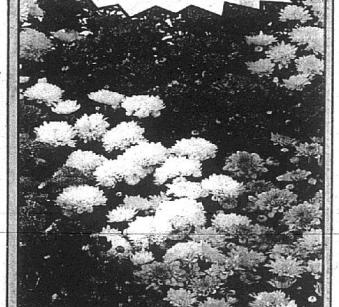
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Sale ends 8-27-96

Briefly

2116 Club, Granite City, Ill. (314) 398-9409. Meet at 6 p.m. in the public hall in the Kmart. For more information, call 314-398-9409.

School supply giveaway set
A "back to school" supply giveaway will be held from 9 a.m. to noon and 1 to 4 p.m. Thursday and Friday, Aug. 22 and 23, at the Salvation Army,

3007 East 23rd St. in Granite City.

Those participating must bring proof of children by either bringing a report card or proof of age. (Medical assistance card with children

listed will be sufficient.) School supplies are for children kindergarten through sixth grade for the southwest Madison County areas while supplies last.
Scramble on course

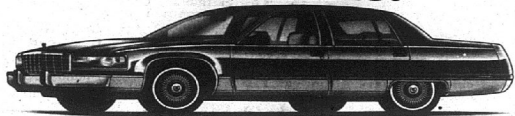
for Sept. 14
Eden Village on Sept. 14 will conduct its annual four-person benefit golf scramble at Legacy Golf Course, Granite City.
This year's event will be a

shotgun start with play beginning at 8 a.m. The cost per golfer will be \$60, which will cover 18 holes of golf, cart and beverages. Rolls and coffee will be served at check-in, and a noon meal will be served to complete the

day's activities.
Prizes will be given out in three flights. Golfers also will be eligible for door prizes.
For information, call Dorothy Norfleet at 288-6014, extension 327.

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Calendar

(Continued from Page 68)

6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St., call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 9 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 892-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 483-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 483-2429.

Alateen-PreAlateen Program for 12 to 17 age group, and prealateen for 18 to 19 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 483-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 868-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-0400.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan

Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0078.

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Singles Connection hike Longacre Park in Fairview Heights, 7 p.m. For more information, call Lee at 398-8782.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, Room B.

Senior Social Club dance. Doors open at 5 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 483-2429.

Chemical Dependency Relapse Prevention group meets from 6:30 to 8:30 p.m. at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3888.

First Place, a Christ-centered nutrition program, meets from 6 to 7 p.m. at First Baptist Church, 2041 Delmar Ave. in Granite City.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Tuesday, Aug. 27

Behavioral Health System presents a talk on "Early Recovery and the Benefits of Sobriety" at 7:30 p.m. in Paschal Hall at St. Elizabeth Medical Center. This talk is free and open to the public. Call 798-3888 for more information.

Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Job's Daughters Bethel #43 meets at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Paschal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

People Needing People Bereavement Support Group, 7 to 9 p.m., Wiesman Room, first floor, St. Elizabeth Medical Center; call Hospice of Madison County, 798-3399.

Singles Connection, 6:30 p.m., walleyball, YMCA, Esic Drive in Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-4315 for more information.

Remis Chiropractic, 3361 Fehling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to noon. Call 876-2273 for more information.

Boots & Slippers Dance Club, square dance lessons, 7 to 9 p.m., First Christian Church, across from the Cracker Barrel, Caseyville. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 344-4636.

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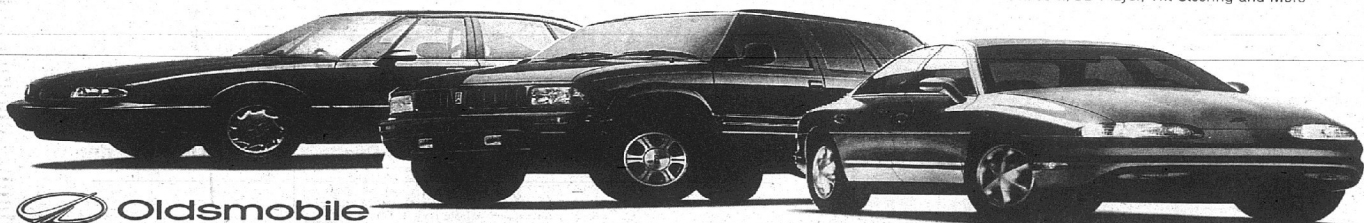
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SENIOR NEWS

Underactive thyroid gland could cause sluggish, tired feeling

Older people who start feeling sluggish and unduly tired shouldn't assume that the slowdown is a normal part of aging. The cause could be an underactive thyroid gland, which can affect people as they grow older.

The symptoms of an underactive thyroid can include chronically cold hands or feet, puffiness of the face, hoarseness, elevated blood cholesterol and constipation. The severity of the symptoms increase if the thyroid deficiency is left untreated. In some cases, the thyroid can become enlarged, causing goiter.

The condition is more common in women than men, and some authorities recommend that every woman should be screened for thyroid function at age 60 and after. But other physicians say that the benefit of screening is unproven, and Medicare doesn't cover thyroid screening tests.

Thyroid deficiency can be

diagnosed conclusively by measurements of blood levels of thyroid hormones. The treatment is daily doses of a synthetic thyroid hormone preparation, levothyroxine. The symptoms begin to ease in just a few days. To be sure the dosage is right, the doctor will do thyroid hormone blood tests every few months. The synthetic hormone shouldn't be discontinued, because the symptoms will return.

One problem that many older people tend to overlook is shoulder trouble. Surveys have shown that perhaps one in every four older persons has reduced shoulder function, often accompanied by pain.

In a survey of the subject, Mayo Clinic physicians say that almost half of those troubles aren't reported to doctors, often because the loss of function occurs insidiously over time. Yet it can be inconvenient and

even dangerous. Reduced shoulder function can make such everyday activities as dressing more difficult, can cause sleep disturbances and interfere with driving ability.

More than 70 percent of the time, the problem can be handled by nonsurgical methods such as physical exercise, therapy and pain killers, the physicians say. They recommend that every older person should have an annual assessment of shoulder function as part of the regular physical examination.

Research has added another good reason for keeping high blood pressure under control: Better brain function in later life.

The Honolulu-Asia Aging Study, looking at 3,700 Japanese-American men, found a direct relationship between brain function and blood pressure control. The higher the blood pressure in the middle years, the lower the level of brain function later in

life. The results of this study are consistent with the findings of the Framingham Study, a long-term project that has monitored Massachusetts residents. High blood pressure could do its harm by damaging blood ves-

sels in the brain or changing the function of individual brain cells, the researchers say. Lowering too-high blood pressure thus not only reduces the risk of cardiovascular disease but helps people think better later into life.

— Associated Press

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55-Alive driving course slated

A 55-Alive mature driving course will be held from 8 a.m. to noon Monday, Sept. 23, and Tuesday, Sept. 24, at St. Elizabeth Medical Center in Granite City.

Persons age 50 and older may enroll. Participants who complete the two-part course may qualify for a discount on the liability portion of their automobile insurance.

The course and its instructor, Larry Loyet, are certified by the Illinois secretary of state. The cost is \$8 per person, payable to the American Association of Retired Persons on the first day of class. Registration on or before Sept. 17 is required. St. Elizabeth Medical Center's senior program, Unity Advantage, sponsors the course. For more information or to register, call 788-3201.

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Old Newsboys Day has been a St. Louis tradition since 1957 and now you can be apart of it. For 39 years, volunteers have taken to the streets to sell these special Old Newsboys Day editions. Every penny raised is donated to children's charities in the St. Louis area. In fact, volunteers collected \$102,000 for over 250 charities last year alone, bringing the total to over \$5,000,000 since the Old Newsboys Day tradition began.

Now you and your school can join the ranks of numerous volunteers on Old Newsboys Day, Thursday, November 7th. You'll receive an Old Newsboys button and apron, as well as a bundle of valuable coupons just for helping out.

To sign up or for more information, please call our Old Newsboys Day Hotline at (314) 821-0211. It's that easy to take part in a great St. Louis tradition!

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Meetings

Butterfly Card Club

On July 25, the Butterfly Card Club met for lunch at the Honey Bee Restaurant in Edwardsville, after which the group assembled at Juanita Rosenberg's home.

Following dessert, the afternoon was spent playing pinochle. Prizes were awarded to Rosenberg, Lorraine McIlvoy, guest Marge Hall, Irene Willis and Edith Ryan.

Also present were Catherine Hommer, Harriet Hoff and Hazel Rollins.

Ryan will host the August meeting.

Betaseron

Support Group

The Metro East Betaseron Support Group will meet from 7 to 9 p.m. Tuesday, Aug. 27, at St. Elizabeth's Medical Arts Building, fourth floor conference room, 180 S. Third St. in Belleville.

This is a support group of the National Multiple Sclerosis Society Gateway Chapter. Meetings are held on the fourth Tuesday of even-numbered months.

Learn about Betaseron medication therapy. Discuss side effects. Share coping tips. Talk about your MS experience. This is a new support group, not

replacing any other group.

Attendance is encouraged for all people who:

- have multiple sclerosis;
- are taking Betaseron;
- are thinking about Betaseron therapy;
- are care-givers, friends, family members, spouses or significant others.

For more information or to be included on the mailing list, call Diane Earhart at 235-8823, or write to: National Multiple Sclerosis Society, Gateway Area Chapter, 14 Sunnen Drive, Suite 183, Maplewood, Mo., 63143. The number there is (314) 781-9020 or 1 (800) 628-1753.

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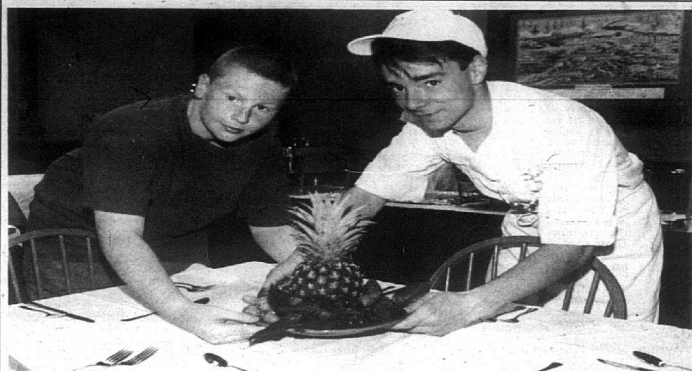


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Setting the table — Belleville Area College's Granite City campus, on April 25, held, "Bring Your Child to BAC Day," a daylong series of activities for children and grandchildren of college employees. Pictured is Charles Doerge, left, helping Darrell Cearlock, a student in the college's hospitality and food service management program, arrange a luncheon centerpiece. Doerge is the son of Linda Doerge of Glen Carbon, a GCC public safety officer.

Births

Brianna Kimbro
Mark E. and Barbara M. Kimbro of Granite City have announced the birth of their second child, a daughter.

Brianna Jenine was born at 3:54 p.m. July 27, 1996, at Barnes Hospital in St. Louis and weighed 5 pounds, 14 ounces.

Maternal grandparents are David and Gloria Lewis of Granite City. Paternal grandparents are David and Elaine Kimbro of Granite City. Brianna joins Kristin Dawn Lewis.

Jessica Kibbons
Amanda Lockhart and Perry Kibbons of Hamel have announced the birth of their

first child, a daughter. Jessica AnnMarie was born on July 23, 1996, at Anderson Hospital.

Maternal grandparents are Bill Lockhart of Belleville and Barbara Bowser of Granite City.

Paternal grandparents are Chuck and Carol Kobbons of Glen Carbon.

Erica Mills
Marvin and Cindy Mills of Granite City have announced the birth of their first child, a daughter.

Erica Brooke was born on July 18, 1996, at Anderson Hospital and weighed 7 pounds, 4 ounces.

Maternal grandparents are

Allen and Gale Cantlon of Granite City. Paternal grandparents are Erva Browning of Granite City and Tim Mills of Ozark, Mo.

Antonia Fenoglio
Tammy and Michael Fenoglio of Granite City have announced the birth of their first child, a daughter.

Antonia Loren was born at 11:52 p.m. on July 18, 1996, at Anderson Hospital and weighed 8 pounds, 15½ ounces.

Pansy Jones of Granite City is the maternal grandmother. Judy Fenoglio of Granite City is the paternal grandmother.

Zachary Eckols
Chris Eckols and Emily Hunsell of Collinsville have announced the birth of their second child, a son.

Zachary Steven was born at 12:45 p.m. on July 18, 1996, at Anderson Hospital and weighed 7 pounds, 4.5 ounces.

Dawn Hunsell of Mount Vernon is the maternal grandmother. Patty Eckols of Herrin is the paternal grandmother. Zachary joins Amber, 3.

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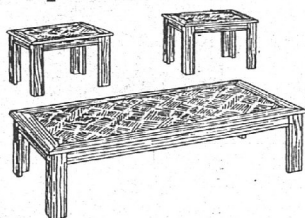


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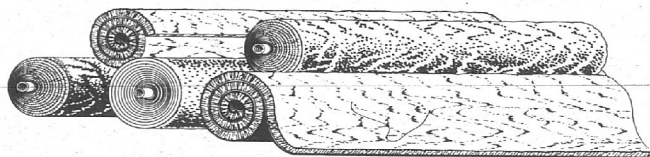
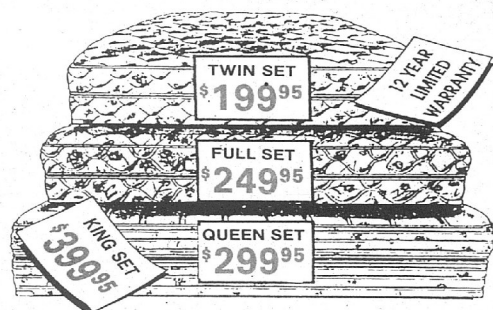
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Today's Food

Wednesday, August 21, 1996

Food & Nutrition

Wise Ways

Make early plan for school lunches that vary the every-day routine to prevent boredom.
INSIDE

Heart-y Bites

Color foods with flavor and contrasting hues to invite appetites out of the rut of the mundane.
INSIDE

Blue Ribbon Cook

Top-of-the-stove cobbler takes the cake -- and the prize for dinners in this week's Very Berry Recipe Contest.
INSIDE

Test Run

Taste buds wake up to wild whoop from new and imaginative potato chip flavors.
INSIDE

Micro Raves

Sandwiches get appreciable punch from a little extra attention in the microwave.
INSIDE

Kids' Cuisine

Get the kids involved in what they eat. Let them set up their own 'restaurant,' naming dishes and foods according to what they consider humorous or appropriate.

Health & Fitness

Medicine Chest

Fruits and vegetables cast another vote for good health, this time for improved heart health.
INSIDE

Fresh Picks

The more the merrier when it comes to summer vegetables. If grilling is too much of an adventure, just roast them in the oven. Cut 2 yellow squash, 2 zucchini and 2 red and 2 yellow bell peppers in 2-by-1/2-inch strips. Slice 2 carrots and 1 red onion. Quarter 8 ounces mushrooms. In roasting pan or 13-by-9-inch baking dish, toss prepared vegetables with 1/4 cup olive oil. Grate fresh pepper on top. Roast, stirring occasionally, in preheated 400° oven about 20 minutes until tender-crisp. Makes 4 servings.

Big Fat Tip

Fruit yogurt makes a delicious substitute for sour cream and still adds calcium. It becomes thinner when it is mixed with other ingredients, so always fold it in gently, rather than stirring or beating it. Its flavorful tang is enhanced with a touch of lemon, plus a pinch of brown sugar, when using it with fresh fruit. For a quick dessert, combine 1 carton (6 ounces) custard-style berry yogurt, 1/2 teaspoon grated lemon peel, and 3/4 to 1 teaspoon finely chopped crystallized ginger or brown sugar with at least 1 cup fresh fruit, such as blueberries and sliced nectarines.

Future Shop

Looking for a dieting pal? Check the supermarket lanes with slim foods on Sunday or Monday. Those are the days of the week people are most likely to start a diet.



From barley to wheat berries, grains form a foundation for healthy eating. Naturally low in fat, they mix with vegetables, fruits and other foods to make a variety of great-tasting meals. Meals like these can be mixed and matched from ideas in the chart.
At the top, left, is a platter of Asian noodles, peanut sauce, red peppers, water chestnuts, snow peas, mushrooms and green onions; cilantro is the green garnish and warm flour tortillas are served on the side. On a bed of leafy greens is chilled bulgur, diced tomato, balsamic vinegar and oil dressing, green onion, oregano and basil. The bottom dish contains bow-tie pasta, pine nuts, sun-dried tomato, grilled chicken, yellow and red peppers and pesto sauce, with aromatic fresh basil perched on top.

GROWING GRAINS

By Janice Denham
Staff writer

Foods like pasta, bread, tortillas, rice and bagels are becoming in-grained in American lives and centered on dinner plates.

Seemingly exotic ingredients now are turning mainstream. Their trendiness hides their background of tradition, because they have been eaten in other cultures for centuries.

Cuisines of the world have put them on American doorsteps. Once the various forms of "pasta" grab the attention of "noodle" lovers, the grain bin is open.

Here are a few grains filling it:

Barley: A favorite of ancient Egyptians, Romans and Greeks, it is best known in soups, but makes an excellent side dish hot

LEVELLY TASTE

with vegetables or chilled in salads. Pearl barley is barley without its tough husk. Cook 1 cup barley to 2-1/2 cups liquid.

Bulgur: This pre-cooked, cracked "version of whole wheat makes salads and pilafs sing with new texture and grain flavor. It is a main ingredient in tabbouleh, a Middle Eastern salad with parsley, tomato, scallion, mint, olive oil and lemon juice. Follow package directions to prepare it, allowing the prescribed time to "set" before serving. Grain-to-liquid

SEE GRAINS, INSIDE TODAY'S FOOD PAGE 2

	PASTA (any shape, cooked)	COUSCOUS (cooked)	PITA BREAD (cut in half for pockets)	TORTILLA
Black beans & tomato salsa	Toss together. Serve warm.	Toss with chopped fresh tomatoes. Serve warm.	Stuff with red leaf lettuce, chopped tomatoes, low-fat cheddar or mozzarella cheese.	Toss together slightly crushed beans and salsa. Serve cold as dip for baked tortilla chips.
Grilled chicken breast, cut in strips	Toss with fresh parsley, yellow bell peppers, sun-dried tomatoes and pesto sauce.	Toss with red peppers, garlic and, if desired, hot peppers.	Stuff with lettuce, tomato, grilled onion and low-fat ranch dressing.	Top tortilla with chicken, lettuce, tomato, sprouts and fat-free parmesan ranch dressing.
Reduced-fat turkey sausage, cooked	Toss with olive oil and freshly grated parmesan cheese.	Toss with raisins and sautéed garlic. Serve warm.	Stuff with sauerkraut and chopped red pepper. Melt a little Swiss cheese on top.	Roll turkey and low-fat cheddar cheese inside. Serve warm.
Roasted bell pepper	Toss with toasted pine nuts, snow peas and freshly grated parmesan cheese.	Add Italian salad dressing and chopped carrot and cucumber. Serve cold.	Stuff with chopped celery, radish and lettuce. Drizzle with fat-free French salad dressing.	Top with lean turkey cuts, lettuce, tomato and chopped olives. Roll. Serve warm.
Spinach or other leafy greens, cooked	Toss with low-fat mozzarella cheese, chopped tomato, yellow pepper and garlic. Serve cold.	Add red onion, tomatoes and red wine vinegar dressing.	Stuff with spinach, olives, tomato and feta cheese. Serve warm.	Add olives, tomato and feta cheese on top. Roll. Serve warm.

Today's Food

Test Run



New flavors set a wild pace for some testers used to potato chips tasting like salt and oil.

Testers chip shots on new courses set for fans of flavor

Potato chip purists found a Super Bowl of flavor when they tested four new flavors of chips. As extensions of present lines, they are priced the same.

Olde English salt and vinegar and Taste of Italy parmesan and garlic chips were chosen to represent the flavorful line of Poore Brothers. Another salt and vinegar chip, this time from Lays, was on the testing table. So was the honey and mustard flavor of Guy's Crunchers! potato chips.

Reactions were as numerous as pieces of a broken chip. Some were ecstatic, while others wanted to grind — sometimes the same — chips into the rug. The salt and vinegar varieties drew definite responses — both pro and con. The Lays' brand is much milder than the Poore brand. Some testers did not like either one, but more people had a lot to say about the difference in tastes.

"The Poore's salt and vinegar was very, very vinegary. I had a hard time eating one, but the Lays' salt and vinegar was more edible," a taster said.

"Another echoed the sentiment.

"Lays' salt and vinegar were better than I thought they'd be. The vinegar flavor is kind of appealing. They have good crunch, they are lighter than the others, but still very crispy and crunchy. On the other hand, the Poore Brothers salt and vinegar chips were so full of vinegar I couldn't eat them," she said.

Then came opposite comments.

"The vinegar chips are glorious (in the Poore's brand). The salt and vinegar taste is pungent, powerful and peppery," a taster said — with two exclamatory points.

Another was converted gradually.

POPPY SEED FRUIT SALAD

Toss 4 cups mixed, chopped fresh fruit with mixture of 3 tablespoons oil, 2

"The Poore's Old English vinegar and salt chips have a very, very strong vinegar taste. The first one brought a tear to my eye. They also seem thicker. These are all negatives, but they became addictive. Others soon paled by comparison," he said.

One taster, who seldom eats potato chips, also found the strong vinegar flavor an enhancement.

"If I'm going to eat chips, I want to taste something besides oil," she said. "The thickness of the Poore's chip keeps the flavor coming, while the Lays' flavor turns to oil too quickly."

The parmesan and garlic chips were a hit across the board, often chosen as favorite of the test lot.

A taster said, "The garlic parmesan is a real nice delicate cheese flavor, with a little garlic bite. They have good crunch and are a 'heavy' chip, which I like."

One fan would buy them. "I thought the parmesan garlic were noticeably the best. The flavor was good, but not too strong," he said.

Two tasters found their flavor resembling a ranch dressing or dip.

The honey-mustard chips were noted for their mustard aroma, as well as mild flavor, by most tasters.

"The Kruncher honey mustard was a hefty chip, with lots of crunch. I like the honey mustard flavor, which was milder than I imagined. I love sweets," a taster said.

One had tried them at a pool party.

"The honey mustard Krunchers were a big hit at the pool last week with the adults. Kids still liked the barbecue (flavor) best," she said.

While not a set rule, thicker chips generally have fewer grams fat.

tablespoons lemon juice, 2 tablespoons honey, 1/2 teaspoon poppy seed, 1/2 teaspoon ginger and 1/4 teaspoon dry mustard. Chill.

and steamed, so cooks almost instantly and requires only a small portion of liquid to come ready to the table.

Quinoa: Pronounced "QUEEN-wah," this comes from the Inca civilization. It is a nutritional powerhouse. It takes a short time

Wise Ways

Tune in to spirited debate to decide lunch box's fate

Presidential candidates do not know the meaning of a true debate. With school around the corner, the annual arguments over lunch — bought or carried — are being presented and countered to those gathered in the kitchen.

While a national survey revealed children who buy a hot lunch at school generally have a more nutritious lunch than children who take their lunch, many children, like my 13-year-old son, overrule discussion by insisting on a packed lunch. At first, he will be excited to prepare his lunch, but the excitement wears thin as the school year progresses. Trying to think of a different sandwich or lunch idea each morning, then making it, can tax even the wisest, most earnest parent and child. Unfortunately, monotony often sets in.

To end this monotony, I intend to try a new course of action. I am going to start freezing a variety of sandwiches, including the fillings. Not only does this save time in the hectic morning hours, but will help keep perishable foods safe and cold until lunchtime in a desk or locker.

Amazingly, most kinds of sandwiches, properly pack-

aged, freeze well. Some fillings fare better than others. Simple sandwiches — like those with cheese spread, sliced or chopped poultry and beef, fish, cooked egg yolks and peanut butter — do best. Extra ingredients can be packed on the side to be added at lunchtime.

On the other hand, freezing raw vegetables — including lettuce, celery, radish and tomato — results in a soggy, unappealing mess. Jelly, mayonnaise and salad dressing soak into bread, resulting in a soggy sandwich.

Because my son likes peanut butter, I've searched for variations that pack more fiber with less fat. Here are a few:

- Mix peanut butter and applesauce with a dash of cinnamon. Raisins and wheat germ also can be added.

- Make a spread by mixing peanut butter with drained, crushed pineapple and sliced carrot.

- Add dried fruit — like raisins or chopped figs, apricots, prunes or dates — to peanut butter with a little apple juice.

- Combine peanut butter with banana or apple chunks. Cut the fruit in small pieces if freezing this

mixture.

Here is a sandwich that is a great way to use leftovers and can be concocted to make two sandwiches in a minute in the morning.

The slaw adds both moistness and flavor.

Certified family and consumer scientist Carol Schlitt is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Edwardsville Extension Center.

BEEF 'N' SLAW

1/4 cup lean beef, cooked, cut in thin strips
1/4 cup coleslaw
2 slices tomato
1 whole wheat pita bread

Drain slaw. Toss with beef.

Cut pita bread in half to form pockets. Place half the filling in each pocket. Top with tomato.

Yields 2 servings; 175 calories, 6 g fat, 25 mg cholesterol and 69 mg sodium each.

Heart-y Bites

By TERRI EDELSTEIN

Hues from the rainbow color dinner flavors

It happened last Saturday. We were on our way to serving the "white meal."

Our friends, Jean and Barry, stopped by for a quick visit that stretched into dinnertime, so we invited them to stay.

On hand, our menu included a plate of pasta with light, low-fat cheese sauce and cauliflower. In my memory bank I saw my home economics teacher shaking her finger at us for that pale palette.

Luckily, our friends came to the rescue. Barry spied a large tomato, diced it and tossed it with the pasta. Jean snipped fresh basil from the back yard and stirred it into the sauce. The cauliflower came alive sautéed in chicken broth with a pinch of golden saffron. Dick, my husband, added a final flourish with a pepper mill. A dull display turned dazzling.

Aesthetics and balance are paramount to an enticing meal. Color, texture, temperature and taste are as important as good nutrition. Our single-toned dinner was heart-healed and tasted fine, but a little jazz

made it sing.

Consider spiciness. Unless you and your dining companions are used to hot pepper, raw onion, garlic and anchovies, it may be better to work the palate in pastels, rather than psychedelic tones. To do this, balance such ingredients with milder ones. For instance, a spicy gazpacho or enchilada is tempered by a cool dollop of yogurt or fat-free sour cream.

Textures also should vary. Only babies and people dentally challenged appreciate a meal of tomato juice, split pea soup and chocolate pudding. A few crackers with the soup, a fresh tomato wedge and a low-fat brownie create a perkier lunch.

Our meal closed with dessert. A can of cherry pie filling heated with a splash of orange liqueur made a luscious, colorful topping for the — you guessed it — white angel food cake.

Registered dietician Terri Edelstein is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

HOT WHITE BEAN SALAD

In saucepan over medium heat, heat 1 tablespoon margarine. Cook 2 shallots, chopped, and 1 clove garlic, crushed, 2 minutes. Add 1 can (15 ounces) navy beans,

drained and rinsed, and 1 tablespoon chopped fresh parsley. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook 4 minutes over low heat, stirring occasionally. Transfer to bowl.

In second bowl, mix together 2 tablespoons white

GNOCCHI ROMANO WITH BASIL

8 oz. uncooked gnocchi or other pasta
2 tbsp. flour
1/2 cup onion powder
1/2 tsp. salt
1 cup evaporated skim milk
1/2 cup dry white wine
6 tbsp. grated romano cheese
2 tbsp. packed, chopped fresh or 2 tsp. dried basil
1 large tomato, diced
Freshly ground pepper

Cook pasta according to directions.

In medium saucepan, combine flour, onion powder and salt. Whisk in milk and wine. Over medium heat, cook and stir until mixture thickens and bubbles. Remove from heat. Stir in basil.

Drain pasta. Toss with tomato. Serve immediately with cheese sauce. Pepper to taste.

Makes 4 servings; 338 calories, 4 g fat (11 percent of calories), 16 g protein, 8 mg cholesterol, 55 g carbohydrate and 394 mg sodium each.

wine vinegar and 1 teaspoon Dijon mustard. Whisk 3 tablespoons olive oil into mixture. Pour over beans. Mix and serve.

Makes 4 servings; 252 calories, 8 g protein, 13 g fat, 16 mg sodium and 3.3 g fiber each.

As for preparing them, most can be cooked separately at the same time in a simple meal. The rest of the new pasta salad creations can be served heated or chilled. While water usually is the ingredient listed in the directions, broth,

Blue Ribbon Cook

Dough dimples juice from fresh berries

Rebecca DeForest, Belleville, is winner of this week's recipe contest for Blueberry Dumplings. The prize is dinner certificates at the Pasta House Co.

This easy mixture is made on top of the stove. Just simmer the fruit — it may take a few minutes longer if using frozen berries or other fruit — and drop small mounds of dough on top. Cover the pan and cook 10 minutes. Serve the dumplings straight from the pan after they cool slightly. A scoop of vanilla ice cream on top gives it contrasting flavor, creaminess and color.

Recipes in the Quick Dessert Recipe Contest should be postmarked Aug. 31 for consideration as winner each Wednesday in September.

Send in a recipe that makes dessert in an instant or close to it. The fewer number of ingredients, the better in this contest. Shortcuts, like using cake or muffin mix, are welcome.

Send one recipe per household to: Quick Dessert Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be among criteria used for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after their prize-winning publication date.

BLUEBERRY DUMPLINGS

2 1/2 cups fresh blueberries
1 cup plus 2 tbsp. sugar
1 cup water
1 tsp. lemon juice
1 cup flour
2 tsp. baking powder
1/4 tsp. salt
1 tsp. margarine
1/2 cup milk

In large heavy pan, heat blueberries, 1/2 cup sugar, water and pinch of salt. Cover. Simmer 5 minutes. Stir in lemon juice.

In bowl, sift together flour, baking powder, 1/4 teaspoon salt and 2 tablespoons sugar. Cut in margarine. Add milk. Mix until ingredients are just moistened.

Drop by teaspoonful into simmering blueberry mixture. Cover tightly. Simmer over low heat 10 minutes. Serve from pan. Top with scoop of vanilla ice cream.

For best nutrition results, make more of the grain dish to serve as the main part of the meal. Use familiar flavorings or try new ones. For flexibility, substitute fruits, vegetables, meats or seasonings

Grains

Continued from page 1C. ratio is 1-to-4.

Couscous: Pronounced "KOOS-kous," this North African grain comes from the same durum wheat as well-known pasta. It is a versatile base for salad, pilaf, vegetable or meat dishes. It comes precooked

and steamed, so cooks almost instantly and requires only a small portion of liquid to come ready to the table.

Quinoa: Pronounced "QUEEN-wah," this comes from the Inca civilization. It is a nutritional powerhouse. It takes a short time

to prepare. Its ratio of grain to water is 1-to-4.

Increasing the amount of grains on a plate is a step in a positive direction. For years, people have been told what not to eat. This is something that is good for everyone, not just vegetarians and Olympic marathon-

ers.

The base of healthy eating is grains. The Food Guide Pyramid, which should guide people in their daily food choices, recommends more servings — an average of six to 11 — from the bread, cereal, rice and pasta group than any other.

As for preparing them, most can be cooked separately at the same time in a simple meal. The rest of the new pasta salad creations can be served heated or chilled. While water usually is the ingredient listed in the directions, broth,

juices and other liquids can be used.

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Good Health

By MELANIE POLK

Soup stays on duty while season sticks to 'simmer'

Savory, satisfying and brimming with garden-fresh ingredients, nothing beats a delicious bowl of soup. If soup does not come to mind when planning summer meals, a gap is occurring in meal plans. Light, easy-to-prepare soups offer varieties for the whole family to enjoy.

Soup also can make a significant nutritional impact, by de-emphasizing meat and concentrating on nutritious fresh vegetables, fresh herbs and whole grains.

Soup is a delicious way to make a significant dent in a garden's squash supply by using this wholesome vegetable in soup.

In a small pot, saute 1 small onion and 2 cloves garlic, both finely chopped, with 1 1/2 teaspoons freshly chopped ginger, 1/2 teaspoon coriander, 1/2 teaspoon cumin and 1/2 teaspoon turmeric. Add 1 1/2 pounds zucchini, cut in thick slices, and 1 small apple, peeled, cored and diced. Saute 1 minute longer.

Add 3 cups reduced-sodium chicken broth. Bring to boil. Reduce heat. Simmer, partially covered, 30 minutes.

Puree batches of soup in blender. Return to pot. Whisk in 1 tablespoon fresh lemon juice and 1 cup buttermilk. Cook until heated through. Serve with a garnish of finely cut fresh chives.

On a sultry summer day, a cold liquid, including soup, is appealing. A greasy soup would never do, so little fat and lots of vegetable put the focus on flavor.

Saute 1 onion, thinly sliced, with 1 tablespoon mild curry powder and 2 cloves garlic, finely chopped. Stir in 1 can (14 ounces) coarsely chopped tomatoes with juice. Cook 5 to 10 minutes until the liquid is reduced by about one-third.

In a separate pot, heat 3 cups chicken stock and 1/4 teaspoon thyme. Add 1 cup cauliflower florets and 1 green bell pepper, 1 small carrot, 1 zucchini and 1 yellow squash, each thinly sliced. Lightly simmer in reduced stock until just tender. Stir tomato mixture, 1 tablespoon balsamic vinegar and a bit of freshly

ground pepper. Refrigerate soup at least 2 hours before serving.

Summer Tomato and Green Bean Soup takes advantage of summer vegetables at their peak. Fresh basil provides a burst of garden-fresh flavor.

For a free brochure on other menus and recipes that incorporate the dietary

guidelines recommended by the American Institute for Cancer Research to lower cancer risk, send a self-addressed envelope stamped with 55 cents postpaid to: AICR, Department MR, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the

American Institute for Cancer Research in Washington.

SUMMER TOMATO AND GREEN BEAN SOUP

2 tsp. soft margarine
2 medium onions or leeks,

chopped
3 medium carrots, chopped
1 large clove garlic, minced
1 lb. green beans, cut in 1 inch lengths
6 cups chicken stock
3 cups diced tomato
1/4 cup chopped fresh or 1 tsp. dried basil
Salt and pepper

In large pot over medium heat, heat margarine. Saute onion and carrot 5 minutes, stirring frequently. Stir in garlic, beans and stock. Simmer 20 minutes. Add tomato. Simmer 5 minutes.

Remove pot from heat. Season with basil, salt and pepper.

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Recipe

CHOCOLATE CHIP COOKIE DOUGH ICE CREAM

2 cups milk
2 cups whipping cream
1/2 cup granulated sugar
1 cup brown sugar
1 tsp. plus 1/2 tsp. vanilla
1/8 tsp. salt
1/2 cup butter
1/2 cup flour
1/2 cup semisweet mini chocolate chips

Combine milk, whipping cream, 1/2 cup granulated sugar, 1/2 cup brown sugar, 1 tablespoon vanilla and salt in ice cream freezer container. Stir until sugar is dissolved. Chill. Churn-freeze according to manufacturer's directions.

In small bowl, beat butter and 1/2 cup brown sugar until light and fluffy. Mix in 1/2 teaspoon vanilla, flour and chips. Form into 1/2-inch balls. Chill or freeze until firm.

When ice cream stops churning, remove paddle. Stir in cookie dough balls. Cover. Freeze 1 to 2 hours to let flavors develop and blend.

Makes 2 1/2 quarts.
Note: The cookie dough portion of recipe is adapted from a standard cookie dough recipe.

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Today's Food

Pasta joins mushrooms for easy, special event

Fresh mushrooms and pasta are two of a home cook's most useful tools.

The pasta forms the base of a meal, mushrooms give it panache and both ingredients couldn't be more convenient. Pasta is preparation-free, while mushrooms require only a gentle wipe with a damp paper towel or quick rinse in a colander.

Fettuccine Florentine, a satisfying and luscious pasta dish, demonstrates the best of both worlds. It is ready in less than 15 minutes, yet can be company-special.

To start, mushrooms are sautéed with onion until both turn fragrant and golden. Then, a package of frozen creamed spinach is added, creating an instant cream sauce that complements the earthy flavor of mushrooms. Diced fresh tomato adds color and tang, while melting cubes of fontina cheese give the dish extra lushness.

Penne with Mushroom Puttanesca is equally speedy and delicious, but different in character. These flavors are spicy and pungent instead of creamy-smooth. Sautéed with onion, garlic and crushed red pepper, the meaty texture of fresh mushrooms starts the sauce, then layers of flavor are created with stewed tomatoes, black olives, anchovies and capers.

The result is a pasta dish convenient enough for everyday, distinguished by elegant, rich taste that is perfect for entertaining.

FETTUCCINE FLORENTINE

- 12 oz. uncooked fettuccine
- 2 tbsp. olive oil
- 1 lb. fresh white mushrooms, thickly sliced (about 5 cups)
- 1 cup diced onion
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 pkg (9 oz.) frozen creamed spinach, thawed
- 1 cup diced fresh plum tomatoes
- 1 1/2 cups (6 oz.) diced fontina cheese

Cook pasta according to package directions. Drain, reserving 1 cup pasta water. Place pasta in large serving bowl. Cover.

In large skillet, heat oil until hot. Cook mushrooms, onion, salt and pepper 5 to 7 minutes until mushrooms are golden. Stir in creamed spinach and tomatoes. Cook about 3 minutes until tomatoes are heated through.

Spoon mushroom mixture over pasta. Sprinkle with cheese. Toss to coat, adding reserved pasta water to bring to desired consistency.

Serve immediately. Yields 4 servings (8 cups).

PENNE WITH MUSHROOM PUTTANESCA

- 1 pkg. (12 oz.) uncooked

- penne pasta
- 1/4 cup olive oil
- 1/2 cup chopped red onion
- 1 tsp. minced garlic
- 1/2 tsp. crushed red pepper
- 1 lb. fresh mushrooms (can be mixture of varieties), quartered (about 5 cups)
- 8 oz. crimini mushrooms, quartered (about 2 1/2 cups)
- 1 can (14 1/2 oz.) Italian stewed tomatoes, coarsely chopped
- 1/4 cup sliced pitted ripe black olives
- 6 anchovy filets, coarsely chopped (about 1 tbsp.)
- 1 tsp. chopped, drained capers
- 1 tsp. salt
- Grated parmesan cheese, if desired

In large saucepan, cook pasta according to package directions. Drain.

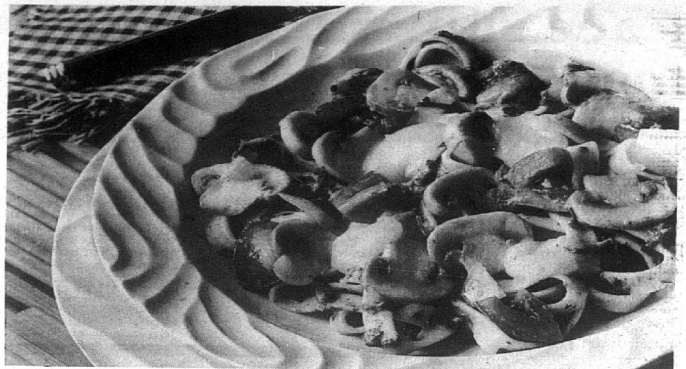
In large skillet over high heat, heat olive oil until hot. Cook onion, garlic and red pepper, stirring constantly, about 30 seconds until garlic is fragrant.

Add mushrooms. Reduce heat to medium-high. Cook, stirring occasionally, about 5 minutes until golden.

Add tomatoes. Simmer over medium heat, uncovered, about 15 minutes until slightly thickened.

Stir in olives, anchovies, capers and salt. Add reserved pasta. Simmer about 3 minutes until pasta absorbs some sauce.

Serve immediately with grated parmesan cheese. Yields 4 to 6 portions (8 cups).



The engaging, delicious results of a pasta dish with mushrooms reach far beyond the usual week-night — or even weekend — dinner. It takes about 15 minutes to prepare Fettuccine Florentine.

Recipe

MEDITERRANEAN PASTA SALAD

- 3 large (1 1/2 lb.) tomatoes, cored, cut in large chunks
- 4 cups cooked spiral pasta (3 cups uncooked)
- 3/4 cup (3 oz.) mozzarella cheese, cut in 3/4 inch cubes
- 2 tbsp. pitted, chopped

- ripe olives
- 2 tsp. capers, drained
- 2 tsp. chopped parsley
- 1 can (2 oz.) anchovy filets, drained
- 2 tsp. olive oil
- 2 tsp. balsamic vinegar
- 1 tsp. finely chopped garlic

In large bowl, combine tomato, pasta, cheese, olives, capers and parsley. Using on/off turns of food processor, process ancho-

vies, oil, vinegar and garlic until smooth. Pour over pasta mixture. Toss gently to mix and coat.

Serve immediately, or cover and refrigerate up to 2 hours.

Yields 4 servings, 6 cups; 393 calories, 15 g protein, 47 g carbohydrate, 15 g fat, 23 mg cholesterol and 766 mg sodium each.

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Today's Food

Face summer of grilled food, plus fun, on menu

With or without canine company, the dog days of summer are a challenge. Some people handle them with a swim, others head for the garden hose and others look forward to iced tea or lemonade on the patio.

While there, imagine running through the sprinkler, build a sand castle in your dreams and plan a picnic. No matter where the picnic is, grilled food is always a highlight. It is convenient in a back yard, but today's portable gas and charcoal grills make it easy to take it anywhere.

At the drop of a straw hat, picnic equipment can be gathered for a sunset supper. Here are some non-perishable basics:

- Sturdy paper plates, oversized napkins and plastic-backed or disposable tablecloths.
- Heavy-duty aluminum foil and zipper-style plastic bags for transporting food to the picnic and leftovers home.

- Paper towels and a container of pre-moistened disposable towels.

- Heavy-duty metal eating utensils or sturdy plastic forks, a chef's knife, serving spoons, grilling tongs and a spatula.

- A jug of cool water.
- A bucket for removing and disposing of used coals, if using a charcoal grill.

- A large cooler and frozen cold packs to transport food safely and easily. Because bacteria grows fastest at temperatures between 40° and 140°, the idea is to keep cold foods really cold. Keeping foods hot is a bigger challenge, so it is easier, and certainly more fun, to grill at the picnic site.

Grilled Vegetable Fajitas use fresh vegetables when they reach their peak. Grilling is one of the most flavorful and easiest ways to prepare vegetables. Just brush them lightly with Italian salad dressing to enhance their natural goodness.

GRILLED VEGETABLE FAJITAS

- 1/2 cup Italian salad dressing
- 1 tsp. chili powder
- 6 tsp. chopped fresh cilantro
- 1 large yellow bell pepper, seeded, quartered
- 1 large red onion, sliced

- crosswise 1/2 inch thick
- 1 medium zucchini, sliced lengthwise 1/2 inch thick
- 1 large meaty tomato (about 1/2 lb.), seeded, sliced crosswise 1/2 inch thick
- 4 large flour tortillas
- 1/2 cup prepared guacamole
- 1 cup (4 oz.) shredded Monterey Jack cheese
- 1/2 cup plain yogurt or sour cream

In small bowl, combine Italian dressing, chili powder and 2 tablespoons cilantro. Brush all sides of pepper, onion, zucchini and tomato with dressing mixture.

Grill vegetables over medium coals, turning once until softened — about 7 minutes for the bell pepper and onion, 5 to 7 minutes for zucchini, and 1 to 2 minutes for tomato.

Wrap tortillas in foil. Warm at edge of grill about 2 minutes.

Remove vegetables from grill. Place on cutting board. Cut pepper, squash and tomato in chunks. Separate onion into rings.

To serve, spread tortillas with guacamole, top with vegetables and sprinkle with cheese. Roll up. Dollop with yogurt.

Makes 4 servings.



Pack a picnic and grill fajitas just outside the kitchen window or on the road for a surprise adventure in warm-weather fun.

Recipe

EGGPLANT AND TOMATO PARMESAN

- 2 slices bacon
- 2 tsp. chopped onion
- 1 large eggplant, peeled, cubed
- 1 tsp. sugar

- 3 cups canned, peeled plum tomatoes
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 1/2 tsp. dill seed
- Pepper to taste
- 1 cup bread crumbs
- 1 cup grated parmesan cheese
- Paprika
- Margarine

Preheat oven to 350°. Grease 2-quart casserole.

Cook bacon until crisp. Drain on absorbent paper. Crumble. Drain all but 1 teaspoon drippings. Brown onion in remaining drippings. Add eggplant. Cook 5 to 10 minutes until it begins to brown.

Add sugar, salt, garlic powder, dill and pepper to tomatoes. Pour over eggplant.

In prepared pan, sprinkle some bread crumbs, then layer cheese and eggplant mixture. Top with remaining bread crumbs and bacon. Sprinkle with paprika. Dot with margarine.

Bake in preheated oven 35 to 35 minutes. Makes 6 to 8 servings.

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7 Mos.



Everyone is so nice here! They do whatever I ask. I appreciate their help.

MRS. LILLIAN WARNER
12 YRS



We really like it here. It's home to my mom. We trust CJC.

MRS. ROSE THOMAS
1 YR, 4 Mos.



I was a volunteer here for many years! When the time came for me to enter a care center, I knew it had to be CJC. They treat everyone fairly and with kindness.

I broke my leg and went to CJC for therapy. They really helped me get back home again. Now I just visit my sister & attend the activities with her. There's so much to do here. (Frances)

MRS. JUANITA KOPP
1 YR



We're all like family! My picknicks here is Grandma. I love them all.

PHILLIP BREGAN
7 Mos.



Everyone is super. People have such misconceptions about nursing homes. CJC really is a nice place to live.

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Today's Food

Order for chicken salad helps warm Dollar More

People who can't pay their electric bills may find Straub's chicken salad to be a warming food this winter.

From Aug. 26 to Sept. 2, Straub's Markets will donate \$1 for every pound of its chicken salad purchased to Dollar More.

Union Electric Co.'s program that helps families who need assistance with energy costs.

Devotees of Straub's chicken salad do not think it is just a simple mix of chicken, mayonnaise and a little salt and celery. During a week of a similar pro-

motion early in the month, the markets sold a record-breaking 1,700 pounds of chicken salad.

That was a tall order for Joyce Schierding, whose job is to mix her premier chicken salad.

"My husband, Bob, is the one who came up with the recipe," she says.

A meat cutter 25 years ago, now he is a meat buyer for the four Straub locations that carry the chicken salad.

She made it in their home until it became a full-time job. Now she mixes what has become the Straub's recipe for the chain.

The recipe, of course, is off the public record, but she peeks at some of its secrets:

• Just use the breast. Boil it in water. Do not overcook it.

• Use real mayonnaise. Hellmann's is Schierding's choice.

• Keep it simple. "Don't use exotic, silly things. After two days of sitting with onion, you know it has onion in it," she says.

• At home, she may add sweet pickle relish.

The favorite way to eat Straub's chicken salad is on a bed of lettuce at the restaurant, on a sandwich out of the refrigerated case, or on salted crackers at home.

The chicken salad special in early August was kicked off with KMOV-TV and Mary Phelan as honorary chairmen.

The Dollar More program is best known through the \$1 donation solicited on local electric bills.

For more information on the program, call toll-free 1-800-55-ASK-UE.

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FEELING FIT
By Mark Lymberopoulos

No-salt dishes taste best if you add herbs. For tomato dishes, use oregano and basil, or thyme and garlic.

Potassium deficiency may be the key to hypertension, says a new study. Foods that are high in this mineral—and low in sodium—include cauliflower, corn, peas, and potatoes. Choose fresh vegetables rather than processed for best results.

Some exercise programs show health results right away. Even 50 minutes of running on a treadmill lowered blood pressure in a British test—and the improvements lasted for hours.

This nutritious snack comes from your blender: a cup of low-fat milk, half a small banana and a small fresh peach (or two canned peach halves, unsweetened, of course).

Your ironing board can double as a slant board at home. Relax with feet well over your head. Brought to you as a public service by the fitness folks at

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Today's Food

Restaurants serve their best Kookin' for Kids

Restaurants — big and small — will join forces and be Kookin' for Kids Sunday, Aug. 26, on the grounds of St. Vincent Home for Children, 7401 Florissant Road, Normandy.

Beginning at 6 p.m., guests will have a wide selection of foods with sports and media celebrities helping the chefs serve specialties of more than 30 restaurants, from Thyme Table to Yemanja Brasil, Custom Catering by Beth to Remy's, Surf and Sirolo to Ninth Street Abbey. Sam's Club will provide the food, as it has done the last four years.

As usual, the money will be used for basic maintenance of the program, which serves both girls and boys. Chairmen this year are Cathie Hulliverson and Barbara Lerner.

Tickets at \$40 each are available by calling 261-6011.

A booklet with recipes from both restaurants and celebrities comes with the donation. Pollo Gorgonzola is a favorite of Rich LoRusso, 3121 Watson Road, which returns to the Kookin' event this year. It was one of last year's favorites.

1 tsp. rosemary
Pinch salt and pepper
Italian bread crumbs
1/2 cup Limone Sauce
2 tsp. green peppercorns
3/4 oz. gorgonzola cheese
1/4 cup green peas

Rub chicken with combined oil, rosemary, salt and pepper. Refrigerate, covered, at least 4 hours. Lightly dust chicken with crumbs. Broil or grill.

Combine Limone Sauce with peppercorns and cheese. Heat through. Add peas at end of cooking time, just long enough to heat without losing their

color.

Serve chicken with sauce on top.

Limone Sauce: Combine $\frac{3}{4}$ cup water, 2 tablespoons white wine, 1 teaspoon butter or margarine, 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon half-and-half or milk, and 1 teaspoon chicken base or bouillon. Heat over low heat until mixture comes to gentle boil. Combine $\frac{1}{2}$ teaspoon cornstarch and 1 tablespoon water. Add slowly, while stirring, to hot mixture. Heat through. Makes 1 cup.

POLLO GORGONZOLA

- 4 chicken breasts (6 oz. each)
- 2 tbsp. extra virgin olive oil

picante or thick salsa on top. Sprinkle with chopped fresh cilantro, tiny shrimp, chopped crab (real or imitation), chopped olives and green onion. Serve with crackers.

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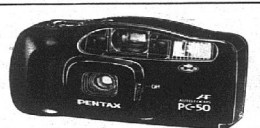


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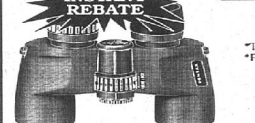
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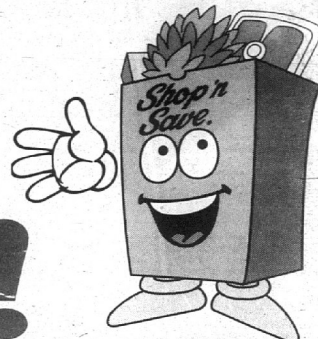
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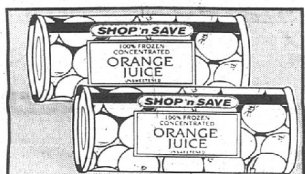
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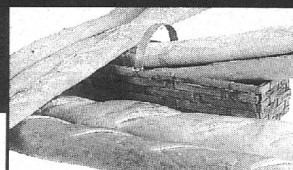
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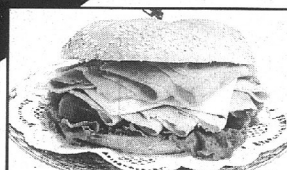
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lb.

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Cinnamon Pull-A-Parts..... **169**
22-OZ. PKG.

SINGLE LAYER Pineapple Upside Down Cake..... **299**
8-INCH

CORNER BEEF, PASTRAMI, ITALIAN BEEF OR Swift Top Round **399**
lb.

Roast Beef..... **289**
lb.

OLIVE, OLD FASHION, HAM & CHEESE OR Klements Pickle Loaf..... **289**
lb.

Dressed Rainbow Trout.... **399**
lb.

FARM FRESH Catfish Nuggets..... **249**
lb.

TASTE OF SEA Whiting or Pollock Fillets... **269**
12-OZ. PKG.

Kanimi Crab Flakes..... **299**
lb.

More Great Values In-Store!

Back To
School

SAVINGS Sale

Stock-Up For Snacks & Lunches!



ASSORTED VARIETIES
**Jell-O
Snack Gels**

169

6-PACK
Jell-O Stir 'n Snack Pudding 2/\$3



REGULAR OR LIGHT
**Del Monte
Pudding Cups**

89¢

4-PACK



AMERICAN
**Kraft Deluxe
Singles**

249

12-OZ. PKG.



FRUITY OR COCOA PEBBLES OR
**Post Raisin
Bran Cereal**

2/\$4

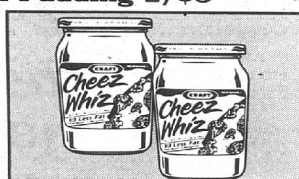
13-20 OZ.
PKG.



ASSORTED VARIETIES
**Kraft Macaroni
& Cheese**

2/\$1

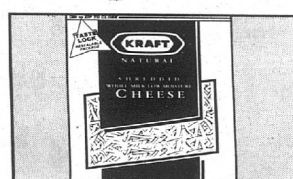
5.5-6 OZ.
PKG.
LIMIT 2



LIGHT OR REGULAR
**Kraft
Cheez Whiz**

279

16-16.5
OZ. JAR



ASSORTED VARIETIES
**Kraft Shredded
Cheese**

199

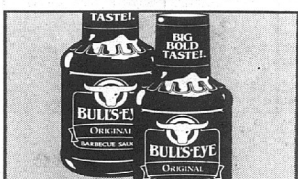
12-OZ. PKG.



LIGHT OR REGULAR
**Kraft Philly
Cream Cheese**

95¢

8-OZ.
BRICK



ASSORTED VARIETIES
**Kraft Bull's Eye
Barbecue Sauce**

99¢

18-OZ.
BTL.



1 2 3'S OR
**Kraft A B C
Mac. & Cheese**

2/\$1

5.5-OZ.
PKG.
LIMIT 2



**Breakstone
Sour Cream**

79¢

16-OZ.
PKG.

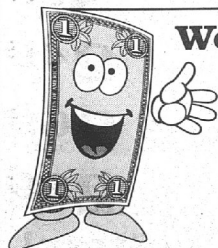


**Kraft Grated
Parmesan Cheese**

299

8-OZ. CAN

We Discount All Pre-Priced Products Every Day!

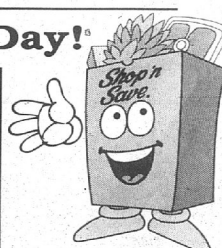


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CARDS
DISCOUNTED
20%
FROM MANUFACTURERS
MARKED PRE-PRICE

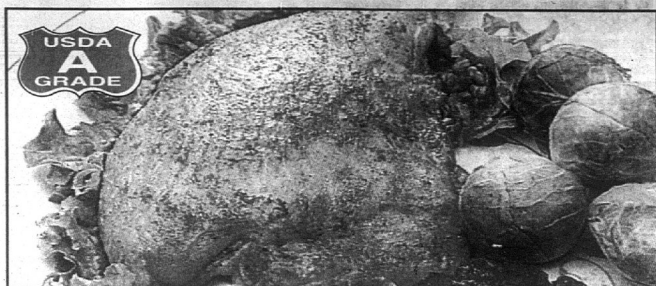
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& MAGAZINES
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

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BAG SNACKS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL ENTENMANN
& HAAS ITEMS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE



TOTAL VALUE



HUDSON, ALL NATURAL, BONE-IN
Skinless Chicken Breast

129
lb.



BONE-IN

Cook's Shank Portion Ham

99¢
lb.

FROZEN, TENDERBIRD
Chicken
Drumettes..... **3.99**
3-LB. BAG

COTTO SALAMI OR
Oscar Mayer
Sliced Bologna..... **2/\$3**
1-LB. PKG.

REG. OR BUN LENGTH
Oscar Mayer
Wieners..... **2/\$3**
1-LB. PKG.



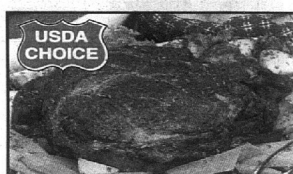
Hillshire Farm Smoked Sausage

199
1-LB. PKG.

FUN PACK
Oscar Mayer
Lunchables... **3/\$5**
11.2-13.2 OZ. PKG.

Circle A
Beef Patties..... **3.99**
5-LB. BOX

Tennessee Pride
Pork Sausage.... **2.19**
1-LB. ROLL



USDA CHOICE CORN FED BEEF
Boneless Chuck Roast

139
lb.

Kahn's
Corn Dogs..... **2/\$3**
1-LB. PKG.

BROWN N SERVE
Swift Premium
Sausage..... **99¢**
7-8 OZ. PKG.

PATTIES OR NUGGETS
Banquet
Boneless Chicken... **2.79**
13.5-OZ. PKG.



SLICED FREE!

WHOLE

Kretschmar Boneless Ham

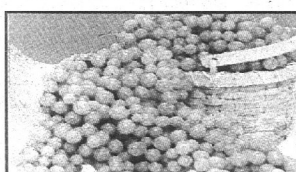
199
lb.

Swift Sizzling
Bacon..... **1.59**
12-OZ. PKG.

USDA CHOICE CORN FED BEEF
FAMILY PACK
Boneless
Charcoal Steak... **1.79**
1-LB.

Kahns Chunk
Braunschweiger.. **1.69**
1-LB. PKG.

Pick of the Crop Garden Fresh Produce!



RED OR WHITE

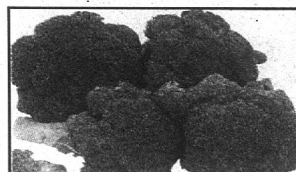
California Seedless Grapes

78¢
lb.

SWEET, RIPE
Yellow
Corn..... **1.48**
5-PACK

FRESH
Green
Beans..... **68¢**
lb.

TENDER
Zucchini
Squash..... **68¢**
lb.



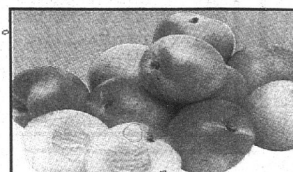
Fresh Broccoli

78¢
BUNCH

California
Carrots..... **78¢**
2-LB. BAG

FRENCH OR ITALIAN
Dole
Salad Blend..... **1.48**
10-OZ. PKG.

The Finest Quality & Selection!



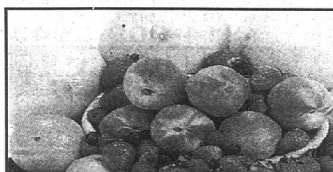
California Nectarines

88¢
lb.

Mann's
Broccoli Wokly **1.58**
1-LB. BAG

MICROWAVE
Ozark
Popcorn..... **3/\$1**
3-OZ. PKG.

ROASTED OR SALTED
Gary's
Peanuts..... **1.98**
20-OZ. BAG



Try These Exotic Varieties!
NOT AVAILABLE AT ALL STORES

CRISP
Sno-Peas..... **2.98**
1-LB. PKG.

WONTON OR
Egg Roll Wrappers **1.28**
1-LB. PKG.

Alfalfa Sprouts.. **68¢**
5-OZ. PKG.

MELISSA'S
Pinenuts..... **2.28**
3-OZ. PKG.

MELISSA'S
Risotto..... **3.48**
8-OZ. BAG

MELISSA'S, DRIED, WEED-
Mushrooms..... **2.98**
3-OZ. PKG.



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 bay window, formal
 attic, privacy fence

UPDATED!!! 3 BR
 room, beautiful kitchen,
 mnt, privacy fence

DUPLEX IN QUINCY
 verted back to single
 ment. Large play area

BEAUTIFUL BRICK
 family room, above
 yard and more - GR38

WON'T LAST - CHARM
 nent kitchen, cover
 ment, family room
 ment. GR388

COMMERCIAL

LARGE OFFICE BUILDING
 ROAD! 2 offices
 Great potential for
 on first floor. Call for

REFLECT YOUR
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 Well established
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YOU'VE EARNED IT!
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 In the summer,
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ARM, 4 BR, fireplace & dining room, floored steel siding, newer kitchen, partial base-ment, lower \$50's. GR159

AREA could be com-pleted in backyard. G128

RANCH - 1 b. baths, ground pool, fenced .381

arming home features tiled wood deck, 3rd and 4th floor in base-

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UILDING ON BU-lding 2 apartments, 2 car garage. GR163

DETAILS GR224

INVESTOR IN THIS located on Nanticoke office use, doctors, etc. G317

DAIRY Queen White - 2 car open campus .381 WH379

HOMES

RY IN MITCHELL 3 car garage. GR163

Reflex after work in winter, or by the pool 2 BR, 1 b. baths, 2 car garage.

family room com- beautiful kitchen, large pull-down at- yard. P206

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ENTERTAINMENT

Horoscope

Wednesday, Aug. 21
Recent family or marital tensions can be eased through communication. The honest Scorpio moon helps us put across our feelings in a way that can either amuse or sting. But no matter how hard the truth is to hear, hearts are open. Express those feelings. Words come to make even deep and difficult emotions clearly understood by the loved one who needs to understand.

ARIES (March 21-April 19). You have the opportunity to put an end to someone's worries once and for all. Why not get a checkup? Gemini means business. Find time for exercise in your busy schedule; a co-worker can get you started.

TAURUS (April 20-May 20). Looking for a way around obstacles? A hint: It has more to do with you than the rest of the world. Nothing stops you from obtaining more funds. Children need plenty of room to express themselves.

GEMINI (May 21-June 21). There is more to a loved one's recent than meets the ear. Get a good at reading between the lines. Pay no attention to the naysayers; you're ahead of your time. A routine lunch turns into a confidential affair.

CANCER (June 22-July 22). A loved one deserves a second chance, but don't do it for anyone but yourself. Opportunity to get out of debt is the best news in a long time. Proposition looks very good, but consider all possibilities.

LEO (July 23-Aug. 22). New love grows quickly. Money is made through friend's referral. Provide lots of support for co-workers. If your mate says you've overspent, listen up and consider suggestions for change. Travel for business brings a profit.

TODAY'S BIRTHDAY (Aug. 21). Your unique approach to on-the-job challenges puts you head and shoulders above the fighting competition. You will be able to see the real change in your finances by late September. A new love encourages you to travel, explore your secret interests and have a generally excellent time in November. Weddings are likely in January. Scorpio and Taurus make dreamy matches.

VIRGO (Aug. 23-Sept. 22). Your voice can make more of a difference than you think. Practice being true to your feelings. A marriage proposal may be today's big news. Work continues to require tedious effort, but it's worth it in the end.

LIBRA (Sept. 23-Oct. 23). A rare chance to put your two cents in at work is actually an opportunity for you to move up. Expect things to happen in their own time, not in yours. A new love relationship is put on hold due to an old lover.

SCORPIO (Oct. 24-Nov. 21). You are creative when you attempt communication under difficult circumstances. Give forgiveness, especially to yourself. Jump at a chance to take a little trip. Children are a delight to behold.

SAGITTARIUS (Nov. 22-Dec. 21). Domestic efforts turn out splendidly with a little support from loved ones. Have an older relative come visit. You can positively affect your health with a concentrated effort.

CAPRICORN (Dec. 22-Jan. 19). You are in charge of your romantic destiny; don't sit home while the one you love ignores you. Money and other lovely things are coming. Friends need you to hear them but not necessarily take action on their behalf.

AQUARIUS (Jan. 20-Feb. 18). You are gifted with uncanny insight, especially on the job. Cook, decorate and be domestic tonight. Loving attention from your family warms your heart. Don't let worldly worries stop you for a moment; you're on the way up.

PISCES (Feb. 19-March 20). Be more social. You are a butterfly when you're pushed around. Group therapy reduces stress. A strong relationship with a Virgo is important. Explore new arenas for your talent.

Many terrible shows have been on TV

By Kevin Carbery
Staff writer

Maybe you are one of the millions of people who enjoyed the television show "Full House."

That's your problem.

As for me, I cringe at the very mention of that horrible program and wish I hadn't seen even the few episodes I somehow watched. Bob Saget and Dave Coulier may be the two funniest comedians in the country.

While I am an avid fan of much of what is broadcast on television, there have been numerous putrid programs aired over the years.

"The Facts of Life" was another show that managed to stay on the air for an extended period even though it was practically entertainment-free. I wasn't fond of "Funky Brewster" or "Blossom," either.

It's not a matter of me hating children, although I tend to agree with W.C. Fields on that subject. There have been some shows starring youngsters, such as "Eerie, Indiana," "The Wonder Years," and "My So-Called Life," that I enjoyed. But there have been many, many more that were grating, at best.

There have also been many terrible dramas put on the air over the years. Does anyone remember the show "Skag" starring Karl Malden? The name was

absolutely appropriate. How about "Manimal"?

In addition, there have been all kinds of rotten talk shows over the years. I like Chevy Chase, but his nighttime chat show was the pits. Pat Sajak had a boring talk program. Conan O'Brien has great musical guests, but he is not funny. I have not enjoyed any of the daytime talk shows that have been on the last 10 years, though I understand that Rosie O'Donnell's is different. I hope so, for her sake.

I'll take one last shot, at variety shows. "Pink Lady and Jeff" is infamous for how bad it was. David Letterman, who was a member of the cast, still jokes about being on Mary Tyler Moore's variety show, "Mary."

See how much you remember of rotten TV programs, as painful as it might be, in this week's trivia quiz.

1. "Apple's Way," an unbelievably boring drama, was set in what state?

2. Gunther Toody and Frances Muldoon were the main characters on what sitcom?

3. The kids on "Saved By the Bell" attended what school?

4. Name three of the five people who hosted "That's Incredible" over the years.

5. On "Mama's Family," who played Mama?

6. Who were the two singers whose

renditions of the theme for "The Love Boat" were used at different times to open the program?

7. What were the names of the main two characters on "CHiPs"?

8. What was the make of the car on "My Mother the Car"?

9. Football star Joe Namath was the star of what sitcom?

10. On "She's the Sheriff," who played Deputy Max Rubin, the second in command to Suzanne Somers as the sheriff?

Send this show's name to: TriviaMaster, c/o The Journal, 1000 N. 1st St., Suite 100, Granite City, IL 62040. Prizes will be given to the winners of each week's quiz.

(Kevin Carbery can be heard as a member of "The KMOX Trivia Party" radio show from 8 to 11 p.m. Sundays on KMOX (1120).

Movie schedules

Film timetable for Wednesday, Aug. 21. For times on other days or to confirm these times, check local theaters.

ALTON CINE
2640 Clair St., 442-1131
A Time To Kill (R) 1:45, 4:30, 7:15, 10:00
Escape From LA (R) 2:00, 5:00, 7:30, 9:40

CHESTERFIELD
595 Chesterfield Rd., 532-0155
The Fan (R) 12:00, 2:20, 4:45, 7:15, 9:45
Escape From LA (R) 12:30, 2:45, 5:15, 7:20, 9:30
House Arrest (PG-13) 12:15, 2:40, 5:00, 7:25, 9:50

CLARKSON 6 CINE
1785 Clarkson Road, 822-4900
Jack (PG-13) 12:10, 2:40, 5:00, 7:30, 9:50
Tin Cup (R) 1:30, 4:30, 7:10, 9:55
Independence Day (PG-13) 1:00, 4:10, 7:20, 10:00 (PG-13) 1:15, 4:15, 7:15, 9:45
A Time To Kill (R) 1:15, 4:20, 7:15, 10:00
Alaska (PG-13) 12:00, 2:20, 4:45, 7:25, 9:40

Bordello Of Blood (R) 12:45, 2:50, 5:30, 7:35, 9:40
Matilda (PG) 12:20, 2:30, 4:40, 7:20
Phenomenon (PG) 9:30

CARMIKE PETITE
1785 Hwy. 187, Collinsville, 344-1708
Independence Day (PG-13) 1:00, 4:10, 7:20, 9:50
Escape From LA (R) 1:00, 3:15, 5:30, 7:45
Tin Cup (R) 1:15, 3:15, 5:15, 7:15, 9:15
The Fan (R) 1:10, 3:40, 7:10, 9:40

CRESTWOOD PLAZA 10
244 Crestwood Plaza, 335-0000
Tin Cup (R) 1:00, 4:45, 7:25, 10:00
Jack (PG-13) 1:45, 5:45, 8:15

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ROOMY COMFORT. Great home, 4 bedrooms, 1 1/2 baths, large kitchen, up-dated wiring. LG259

EASTY TO OWN - 2 bedrooms, 2 baths, full basement. LG239

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REDUCED! LOVELY HOME with full basement, fenced rear yard, living room, kitchen, bath, very clean. LG139

LARGE EAT-IN KITCHEN - 3 bedrooms, neat, clean, ready to move into. \$29,000. LG283

LOVELY 1 1/2 STORY FRAME waiting for you. There are 3 bedrooms, large front on 2 lots. Priced under \$20,000. LG570

OUTSKIRTS OF TOWN, 3 bedrooms, basement, garage in Fulton Beach. LG277

BUNGALOW - 4 rooms, great investment or starter home. LG318

TOO NEW For Photo
SO MUCH TO OFFER, SO AFFORDABLE. Charming, comfortable on cozy brick home. Entry foyer, large living room and dining room, carpeted porch. Ask for JANET. LG262

TASTEFULLY DECORATED THROUGHOUT, main kitchen with ample cabinets, first floor laundry, lots of closets and storage, great plus carpet. Not a "drive-by" Must See! LG38

OPEN FLOOR PLAN, nice new cabinets, master bedroom has 3/4 bath, dining room, late front lot with large wood deck. Move-in condition. Stop house hunting and call now. LG38

CORNER LOT! This 3 bedroom home is in R. R. form. This is one to see. Many extras. LG744

ALL BRICK DUPLEX - Good income potential. Owners lived in property and maintained it well. \$23,000. LG296

COZY 1 1/2 STORY COTTAGE on corner lot. 8 rooms, brick, only \$23,000. LG247

6 ROOM HOUSE - kitchen has cook top room, also full basement, fenced yard. Priced in the 20's. LG546

R3001 - COLLINGWOOD, BRICK & FRAME R3001 on large landscaped lot. Without basement, 3 BR's, 3 BT's, easy access to Interstate. Lots of privacy. In large family, \$127,000 Call DEE ELIOT at 288-9945

WELLS FARGO RESTAURANT and apartments, new kitchen, coin-op laundry. APPROX. 1,848 SQ. FT. OF PRIME COMMERCIAL PROPERTY. For many different businesses. LG562

WELLS FARGO BUILDING in Midtown area. Must be sold AS IS. \$48,000. LG291

R3262 - STONEBROOK. New features. 4 BR's, 2 1/2 baths, 2nd floor master suite, 2 car garage, wood floors, deck and large BR's. Call RICH ANDERSON at 692-1579 or pager 341-9755. \$152,000

R3253 - WILLOW CREEK II. Spacious 2 story w/ BR's, 2 1/2 baths, bonus room, large garage, 2nd floor master suite, 2 car garage. Call RICH ANDERSON at 692-1579 or pager 341-9755. \$152,000

R2981 - KINGSBROOK. Conventional layout. 4 BR's, 2 1/2 baths, 2nd floor master suite, 2 car garage, wood floors, deck and large BR's. Call RICH ANDERSON at 692-1579 or pager 341-9755. \$152,000

R3309 - GLEN CARBON. In-midstate one-owner home! 3 BR's, 2 1/2 baths, eat-in kitchen, LL family room, large fenced yard & more. Call SANDY LANE at 692-4419 or pager 320-5189. \$166,900

R3297 - ROLLING MEADOWS. Enjoy the best of family living in this almost new 4 BR ranch w/ vaulted ceiling in R. R. form. DR. kitchen w/ breakfast nook. LL has finished basement w/ BR's & B's. Move-in condition. Call RICH OR BOB TRUETT at 377-3032 or pager 338-0747. \$129,900

R3201 - ESIC. If you purchase this house using the "SMART-BUY" program you can own this large 1800 sq. ft. 2 story w/ 3 BR's, large country kitchen & front porch for a lower price than traditional housing. Call KENNED WALLACE at 692-4419 or pager 341-9755. \$125,000

R3181 - STONEBROOK. Perfect family home! New 2 story with a large BR, w/ walk-in closet & fireplace. Full front porch & ample lot. Call RICH ANDERSON at 692-1579 or pager 341-9755. \$149,900

Decorating advice to Improve your HOMELIFE

by Christina Rhein
Sears Homelife
Furniture Consultant
Fairview Heights

What are the trade-offs in price and quality for wood furniture?

A. PINE is the least expensive wood, comes in a wide variety of finishes, and has a great casual look. But it's the least durable wood, and works best in low traffic areas.

OAK is mid-price, and is the most durable wood. It's ideal for dining tables, cocktail tables, and for high traffic areas.

CHERRY is the most elegant wood, and the most expensive. It offers good durability, and ages beautifully to a fine patina. Perfect for formal pieces in high-traffic areas.

We want to hear from you! Send us your decorating questions, and if we use yours in this column, you'll receive a free silk floral arrangement valued up to \$200.

(Mail your questions to: Improve your Homelife c/o Suburban Journals c/o Deer Tracks Trail St. Louis, MO 63131 Please include your address and phone number.)

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